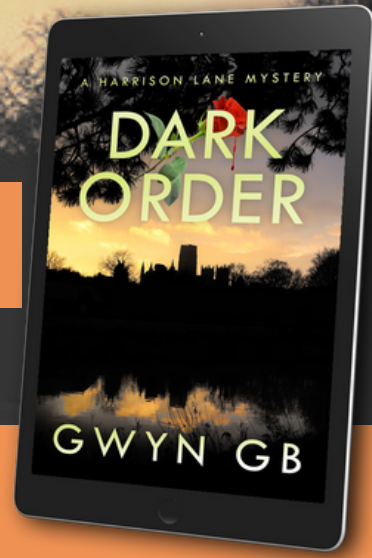


SUNIL SHARMA'S GINGER CHAI



GINGER CHAI

Ginger Chai was served to Harrison Lane, when he went to visit pathologist, Dr Sunil Sharma in Durham (book 3 in the series, Dark order). Chai means tea in Hindi, so it's ginger tea.

The smell is just as delicious as the taste. Many Indian families have a pot of ginger chai, or masala chai, on the go all day, just like Sunil, so its aroma fills the room and you always have a delicious cup available. Harrison doesn't usually drink tea with caffeine, but even he was tempted!

The following recipe is with thanks to my great Durham University friend, Kamal, and his wife Dipika.

Ingredients

For approx 6 cups

- 2-3 slices of ginger
- 2-3 fresh lemongrass strands (optional)
- 3 teaspoons of black tea
- Sugar to taste
- Milk to taste
- ½ teaspoon of the Masala mix

The Masala: (ideally all mixed in a grinder or use pestle and mortar)

- 2 whole cardamom (crushed)
- ½ teaspoon cinnamon
- 8 peppercorns (ideally 5 white, 3 black)

Directions

1. Place 2 to 3 slices of fresh ginger in a pan of boiling water. You can also add a few fresh lemongrass strands if you have them and like the flavour. Allow these to infuse the water while it boils for around five minutes.
2. Next, add the black tea, preferably loose leaves but bags can be used if that's all you have - Tetley or PG Tips are perfect.
3. Add ½ teaspoon of the ground Masala (cardamom, peppercorns and cinnamon).
4. Many add some sugar at this point, but it isn't essential. Add to taste.
5. Once the mixture is boiling again, add your milk, however much you like as some people like it milkier than others, but Sunil has his a dark brown in colour. Usually full fat, but again, it's up to your own tastes.
6. Once the milky mixture is boiling and frothy, take off the heat, be careful it doesn't boil over. Strain and it's ready to drink. You can keep the chai warm on a warming plate, or put a cosy over it to keep warm.

