



Recipe No. 01

ICED MAPLE CHAI

A cool drink with the first warm notes of autumn
Serves 2

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Ingredients

For the chai concentrate

400 ml water
4 black tea bags
1 cinnamon stick
4 cardamom pods, lightly crushed
3 whole cloves
1 thin slice fresh ginger

To finish

2 tbsp pure maple syrup
250 ml milk or lactose-free milk
ice cubes
pinch cinnamon
optional: 1 tsp vanilla

Method

1. Place the water, cinnamon, cardamom, cloves and ginger in a small saucepan. Bring to a gentle simmer for 5 minutes.
2. Remove from the heat, add the tea bags and steep for 4 minutes. Discard the tea bags and spices.
3. Stir in the maple syrup. Cool, then chill for at least 30 minutes.
4. Fill two tall glasses with ice and divide the chai concentrate between them.
5. Top with cold milk, stir gently and finish with a pinch of cinnamon.

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Essy's Notes

Make the concentrate the evening before. For a lighter version, add extra ice and a splash of sparkling water.