



# Recipe from the Cheyenne Botanic Gardens

## Chai Tea

1 tablespoon fennel seed

1 teaspoon cardamom or 6 green cardamom pods

12 whole cloves

1 cinnamon stick

1 (1/4-inch) piece ginger root, peeled and thinly sliced

5 black peppercorns

7 cups water

2 tablespoons Darjeeling tea

4 tablespoons brown sugar

1 cup milk

- In a medium saucepan, combine fennel seed, cardamom, cloves, cinnamon stick, ginger root, peppercorns and water.
- Boil for 5 minutes.
- Remove from the heat and steep for 10 minutes.
- Add the tea, bring to a boil, reduce the heat, and simmer 5 minutes.
- Strain mixture, discard spices and return the tea to the saucepan.
- Stir in the brown sugar and milk.
- Serve immediately.