

Adhrak Chai

Written by Bhavesh Zaveri

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1/2	Teaspoon	Aniseed (Suwa, Shop)	
	a)	Tablespoon	Basil - dry
1/2	Inch	Ginger	crushed
3/4	Teacup	Milk	
	As Required	Sugar	for taste
3	Teaspoon	Tea Leaves	
1, 1/2	Teacup	Water	

Method

1) Put water in a small pot on medium heat. To the water add the ginger, basil leaves and aniseeds. And bring the water to a boil. Reduce heat and let it simmer on medium heat for about 5 minutes with the pot partially covered.

2) Add the sugar, tea and milk to the water. Bring to another boil and let simmer for another minute. Remove from heat.

3) Strain tea and serve hot.