

KHUSHBOO COOKING CLASS

TEA SPECIAL CLASS

1). SHAHI TEA:

Ingredients:

- Water – 1/4 cup
- Milk – 2 cups
- Tea Leaves – 1 tsp
- Sugar – 1 tbsp
- Kesar – 6-8 strands
- **TEA MASALA**
(Green Cardamom – 2, Cloves – 1, Pepper Corn – 4-5, Cinnamon – 1 inch stick, Fennel Seed – 1 tsp, Ginger Powder – ¼ tsp, Nutmeg – 1 pinch)

NOTE – Ingredients are given for 3-4 cups of tea.

Method:

1. In a saucepan, add water, milk and cook on high flame for 5 minutes while stirring continuously.
2. Add tea masala, tea leaves, sugar and saffron strands. Cook it for another 6 minutes while stirring continuously. After 6 minutes, your Shahi Tea is ready to serve.

2). VEGAN ALMOND TEA:

Ingredients:

- Almond Milk – 2 cups
- Sugar - 2 tsp (adjust as per taste)
- Tea powder - 2 tsp
- Water – 1 cup
- Almonds – 2 tbsp

NOTE – Ingredients are given for 2 cups of tea.

Method:

1. Boil water, sugar and tea powder for 2 mins.
2. Add milk and boil for another 5 mins. Filter tea in a flask.
3. Clean the vessel and add filtered tea.
4. Add grinded almond and boil for another 5 mins
5. Serve when hot in the tea glasses.

3). TANDOORI CHAI:

Ingredients:

- Water – ¾ cup
- Tea Leaves – 2 tsp
- Sugar - 1 tbsp or to taste
- Ginger - 1 inch, chopped
- Cinnamon - 1 inch stick
- Cardamom powder - 1/4 tsp
- Saffron strands - few
- Milk - 1 cup
- Clay Pot

NOTE – Ingredients are given for 2 cups of tea.

Method:

1. In a vessel, add water, tea, sugar, ginger, cinnamon, cardamom, saffron, milk and boil them.
2. Heat a clay pot on gas on low flame.
3. Place the pot in a big vessel and pour tea inside it. Our Tandoori Chai is ready.

4). CHOCOLATE TEA:

Ingredients:

- Milk – 1 ½ cup
- Cinnamon stick – 2 inch
- Cardamom – 3
- Tea Leaves – 1 tsp
- Sugar – 1 tsp
- Cocoa Powder – 1 tsp
- Dairy Milk Chocolate – 1, small
- For Garnish : Cream, Chocolate Syrup & Cocoa Powder

NOTE – Ingredients are given for 1 cup of tea.

Method:

1. In a saucepan, add milk, cardamom and cinnamon. Bring it to boil while stirring.
2. Add tea leaves and sugar, and cook for about 5 minutes while stirring continuously.
3. Add cocoa powder, dairy milk pieces and cook for another 5 minutes while stirring continuously.
4. Garnish and serve hot!

5). KASHMIRI KAHWA:

Ingredients:

- Kashmiri green Tea – 1 tsp
- Water – 3 cups
- Saffron strands – 10-12
- Cinnamon stick – ½ inch
- Clove – 1
- Cardamom crushed – 1
- Dried rose petals – ½ tsp
- Almonds – 2 tsp
- Honey – 1 tsp optional

NOTE – Ingredients are given for 2 cup of tea.

Method:

1. Heat water in a pan. Add saffron, cinnamon, cloves, dried rose petals and cardamom in water and let it simmer for 3-4 minutes.
 2. Switch off the heat and add green tea in the water. Let the tea steep for a minute.
 3. Strain the kahwa in 2 cups. Add almond and a few strands of saffron. Add honey if required.
- Notes: If Kashmiri green tea is not available, you can use green tea.

6). PAAN CHAI:

Ingredients:

- Paan Leaves – 1 chopped & grinded coarsely
- Pan Mix – ½ tbsp
- Gulkand – ½ tbsp
- Milk – 2 cups
- Water – 1 cup
- Tea Leaves – 1 tbsp
- Sugar – 1 tbsp

NOTE – Ingredients are given for 2-3 cups of tea.

Method:

4. Grind the pan leaves using a blender.
5. In a saucepan, add milk and water, bring it to boil.
6. Add tea leaves and sugar, cook for about 5 minutes while stirring continuously.
7. Add grinded paan leaves, paan mix and gulkand and cook for another 5 minutes while stirring continuously.
8. Strain and serve hot!

7). ROSE MASALA CHAI:

Ingredients:

- Black tea leaves - 1 ½ tbsp
- Water - 1 Cup
- Milk – 2 Cups
- Cinnamon Stick – ½ inch stick
- Cardamom Powder – ½ Tsp
- Cloves - 2
- Fennel Seeds – ½ tbsp
- Fresh Ginger – ½ Inch Piece
- Dried Rose Petals - 2 Tbsp
- Gulkand – ½ tbsp
- Rose essence – 1/8 Tsp
- Sugar – 1 ½ Tbsp

NOTE – Ingredients are given for 3 cups of tea.

Method:

1. Crush cinnamon stick, cloves, fennel seeds and ginger in a mortar-pestle and set aside.
2. Pour the water into a pan and add crushed cinnamon, cloves, fennel seeds, and ginger.
3. Add rose petals and then bring it to a boil. Add tea leaves, sugar and boil for 3-4 minutes.
4. Add milk, cardamom and let it come to a boil. Turn heat to low then boil for 5 mins. Add Gulkand and mix well. Switch off the gas and in the rose essence.
5. Strain the tea into cups and serve immediately.

8). LEMON GRASS TEA:

Ingredients:

- Water - 1 + 1/2 cups
- Lemon grass - 2 stalks
- Tea leaves - 2 tsp
- Sugar - 2 tsp
- Milk - 1 cup

NOTE – Ingredients are given for 2 cups of tea.

Method:

1. In a pan heat water. Take lemon grass stalks cut into quarters, hammer them.
2. Add the lemon grass stalks to boiling water and boil for 4-5 mins.
3. Add tea leaves, sugar, Milk and bring to a boil.
4. Strain and transfer into a cups. Serve with lemon grass stalks.

9). Kashmiri Pink Tea

Ingredients:

- **KEHWA**

Cold water - 2 cups

Kashmiri tea leaves – 1 ½ tbsp

Baking soda - 1/8 tsp

Salt - 1/4 tsp

Star anise - 1

Cinnamon - 1 inch piece

Cloves - 2

Green cardamom - 3

Ice-cold water - 1 cups

- **MILK TEA**

Milk - 1 cup

Kehwa – 1/2 cup

Sugar – 1 tbsp (optional)

Crushed almonds & pistachios for garnish

NOTE – Recipe for 2 cups of Tea is given.

Method:

1. In a large sauce add the water along with kashmiri tea, star anise, cinnamon, cloves and green cardamom. Bring everything to a boil.
2. When the boil comes add baking soda and salt. Lower the heat slightly and keep cooking till the water is reduced to half the initial amount.
3. When the water is reduced add ice-cold water along with some ice cubes from a height. Then aerate the mixture by using a ladle for the next 10 mins.
4. After 10 mins you will start to see deep red bubbles on the surface of the tea. Turn off the heat and strain the liquid. This 'kehwa' can be stored in the fridge for around 2 weeks.
5. **For preparing the milk tea:** bring the milk to a boil in a saucepan. Add the sugar and pour some of the kehwa. You can adjust the kehwa and milk ratio according to your taste.
6. Bring the mixture to a boil and turn off the heat. Cover the pan and leave for about 2 mins.
7. Pour in the serving cups and add garnish with some crushed almonds and pistachios.

10). MASALA CHAI:

Ingredients:

TEA MASALA:

- Green cardamom - 20
- Fennel seeds - 2 tbsp
- Black cardamom - 1
- Nutmeg - 1-2 small pieces
- Cinnamon stick - 3-4
- Clove - 6
- Black peppers - 20
- Ginger powder - 2 tsp
- Dry tulsi leaves

TEA:

- Water - 1 cup
- Ginger – 1 tsp grated
- Tea leaves - 1 spoon
- Sugar - 2 spoon
- Tea masala powder - ½ tsp
- Milk - 1 cup

NOTE – Ingredients are given for 2 cups of tea.

Method:

1. Dry roast all the spices of Tea masala for few min. Cool them and Crush the whole spices in a mixer jar along with Ginger Powder & grind them all. **Tea Masala Powder will get ready.**
2. **For Tea:** In a pan, put Water, when it starts boiling, put grated Ginger, Tea, Sugar & Tea Masala Powder. Then put Milk & boil it.
3. Tasty & Healthy Tea will get ready to serve it & enjoy it.

CHAI PREMIXES:

1). CUTTING CHAI PREMIX:

Ingredients:

- Small green Cardamom - 12
- Whole black pepper – 1/8 cup
- Black cardamom - 2
- Cinnamon - 5-7
- Cloves - 10
- Mace (javatri) – 1/2
- Dry ginger powder – 1/8 cup
- Nutmeg powder – 2 pinch
- Sugar – 45 gm
- Tea Powder – 20 gm
- Milk Powder – 70 gm

Method:

1. Roast black and green cardamom, pepper, cloves, and mace lightly and let it cool down. Mix it with rest of the ingredients and grind it to a fine powder.
2. Make sachets of 1 tbsp of mix each and store.

2). SAFFRON ROSE TEA MIX:

Ingredients:

- Milk powder - 100 gm
- Sugar - 45 gm
- Cardamom - 2
- Saffron - 1/8 tsp
- Ground dry rose petals - 1 tbsp
- Tea powder - 20 gm
- Classic creamer (coffee mate) - 1 tbsp

Method:

1. Grind milk powder, sugar, cardamom, saffron, and rose petal powder into fine powder. Mix rest of the ingredients well with it.
2. Make sachets of 1 tbsp of mix each and store.

3). CHAI LATTE:

Ingredients:

- Classic creamer (coffee mate) – ½ cup
- Tea powder – ¼ + 1/8 cup
- Brown sugar – ½ cup
- All spice powder – ½ tsp

Method:

1. Mix everything well and store.

4). TRAVEL TEA MIX:

Ingredients:

- Cloves - 4
- Cardamom (elaichi) - 2
- Cinnamon - 2 inch
- Dry ginger powder - 1/4 tsp
- Pepper - 1/8 tsp
- Sugar - 30 gm
- Milk powder – 1/4 cup
- Classic creamer (coffee mate) - 1 tbsp
- Tea powder - 1/8 cup

Method:

1. Grind cloves, cardamom, cinnamon, dry ginger powder, pepper and sugar into fine powder. Mix rest of the ingredients with it and store.

5). GINGER LEMON TEA MIX:

Ingredients:

- Black tea powder - 20 gm
- Cardamom powder – 2-3
- Dry ginger powder - 1/4 tsp
- Milk powder - 100 gm
- Lemon zest - 1/8 tsp
- Sugar - 45 gm
- Classic creamer (coffee mate) - 1 tbsp

Method:

1. Mix all the above and store.