

Devika's Pukka Nepali Chiya

[Nope, it's not a typo – in Nepal we say 'chiya', not 'chai']

Devika works in the Kathmandu INF office, faithfully keeping the office clean and preparing morning and afternoon cups of tea and coffee for staff, this is her recipe for 'pukka' Nepali spiced tea – none of that sickly sweet chai syrup from western coffee shops here, just a simple tea brewed with milk and water, flavoured with real spices – its delicious and simple to make.

Ingredients:

3 cups of full cream milk
1 cup of water
4 tsp black tea leaves
4 tsp sugar [or to taste]
8 cardamom pods
4 cloves

Procedure:

Bruise the cardamom pods and cloves and combine with water in a large saucepan, bring to boil. Turn off the heat and allow the spices to infuse for 10 min. Return to heat, just before boiling remove from the heat again and add the tea leaves. Allow to brew for approx 4 min, return to the heat, add the milk and heat to just before boiling. It is important not to boil the tea leaves. Add sugar and serve, pouring through a strainer. [Serves 4]

**'Pukka' is Nepali for real/legitimate/
or true...**

**...it's not 'pukka' but honey
works well as a sweetener too.**

