

SPICE WORLD



MASALA CHAI AND CARROT KHEER



WHAT'S IN THE KIT?

In each spice kit, you will receive all the spices and unusual pantry items to make this particular dish.

Please tag us on Facebook and/or Instagram with pictures of your recipes or email them to us at info@acplwy.org.

This kit includes:

- 1 cinnamon stick
- 6 cardamom pods
- 4 cloves
- 12 black peppercorns
- Black tea
- 2 tablespoons blanched almonds
- 1/2 teaspoon ground cardamom
- 2 tablespoons raw pistachios

You will need:

- 4 cups milk plus at least 1 cup for chai
- 2 tablespoons rice
- 2 cups firmly packed peeled and grated carrots (about 1 pound)
- 1/2 cup plus 2-3 tablespoons sugar
- 1/4 cup heavy cream

A BRIEF HISTORY...

Masala Chai (Chai means tea in Hindi and other languages) is one of the most popular beverages in South Asia. It is drunk in the morning with breakfast, but also throughout the day and is typically offered to visitors.

Carrot Kheer is a carrot pudding, similar in consistency to rice pudding. Particularly popular in Northern India, it is a sweet and creamy dish that is a great way to sneak some veggies into your dessert!



Chai and Carrot Kheer are popular dishes in India and other countries in South Asia



India is the second largest producer of tea in the world. and is known for the Assam and Darjeeling varieties of black tea.



RECIPE

Masala Chai (serves 8):

- 6 cups cold water
- 1 cup milk, or to taste
- 1 cinnamon stick
- 6 cardamom pods
- 4 whole cloves
- 12 black peppercorns
- 2-3 tablespoons sugar, or to taste
- 6 heaping teaspoons of loose leaf tea

Note: This recipe makes quite a few cups of tea. Halve or quarter the recipe if you want to make less. You can also adjust the proportion of milk to water for a milkier chai.

1. Crush the cardamom pods using a mortar and pestle or the side of a heavy knife.
2. Combine water and spices in a saucepan and bring to a boil.
3. Add the tea leaves and sugar and let boil for 1-2 minutes.
4. Add milk and sugar to taste and bring the chai back to a boil. Watch the pot carefully so that it doesn't overflow.
5. Once it reaches a boil, turn off the heat and let sit for 1 minute
6. Check the color and taste, and if desired add more milk and sugar.
7. Strain the tea into a teapot or directly into cups and serve immediately.

RECIPE

Carrot Kheer (serves 6-8):

- 4 cups milk
- 2 tablespoons rice
- 1 lb. of carrots, peeled and grated (2 cups firmly packed)
- 1/2 cup sugar
- 2 tablespoons slivered almonds
- 1/2 teaspoon ground cardamom
- 1/4 cup heavy cream
- 2 tablespoons raw pistachios

1. Bring the milk to a boil in a 3-quart pan.
2. Add the rice, and stir for a few minutes.
3. Reduce heat to medium-low, and cook the milk at a bubbling boil for 20 minutes. Stir often.
4. Add carrots and continue cooking, uncovered, for 15 minutes or until the carrots are cooked and most of the milk has been absorbed. Stirring often to prevent burning.
5. Add sugar and almonds and cook, stirring constantly until the pudding is very thick and begins to stick to the bottom of the pan (about 10 minutes)
6. Turn off heat and let pudding cool to room temp.

RECIPE

7. Stir in cardamom and cream.
8. Cover with plastic wrap and chill thoroughly.
9. Check the consistency of the pudding before serving. It should be slightly thinner than American rice pudding, but not runny. If it looks thick , add a little milk.
10. Serve in individual desert dishes, sprinkled with chopped pistachios

