

Shirnett's CHAI

(2 servings)

Ingredients

Black tea bags (2)/ loose tea leaves
Cinnamon stick (3-4inch)
Cinnamon powder (optional 1/8th teaspoon)
Cardamom pods (2 pods)/ seeds from 2 pods
Cardamom powder (optional 1/8th teaspoon)
Ginger (8 thin slivers)
Ginger powder (optional 1/8th teaspoon)
2 pinch ground black pepper (optional)
Water (14oz)
Milk (8oz) (I use 2%)
Honey (to taste)

Directions

1. Add cinnamon stick to small pot with about half of the water. Boil on medium low for about 5 minutes
2. Add roughly crushed cardamom pods/seeds and ginger slivers and allow to come to a gentle boil
3. Add milk and remaining water and allow to simmer for 5 to 10 minutes
4. Add 2 tea bags (black tea) and allow another 5 to 10 minutes to infuse in the liquid
5. Season to taste with honey (or sugar)
6. Add optional ingredients - ginger powder, cinnamon powder, cardamom powder and black pepper
7. Strain and enjoy

Grandma Khorran's Dal

(Makes 3-3.5 quarts)

Ingredients

1 pound pack of yellow split peas
3-3.5 quarts water
1 tsp turmeric
1 tsp salt (adjust to taste)
5-6 stalks of scallions (green onions) chopped
6 cloves garlic
1.5 – 2 Tbsp
½ tsp black mustard seeds (optional)
2 Tbsp cumin seeds
1 Tbsp ground roasted cumin
Habanero pepper (amount to taste, depending on heat tolerance)

Instructions

1. To a medium sized pot add water and set on medium-high heat.
2. Wash split peas (twice is sufficient) and add to water
3. Add salt, 3 stalks chopped scallions, turmeric and 3 cloves of roughly crushed garlic to pot. Allow to come to a boil and reduce heat to low boil until peas have a smooth consistency (about an hour, depending on desired texture of peas). A pressure cooker (to speed up the cooking process) may be used at this stage (or a hand mixer) if a smooth consistency is desired.
4. Add habanero pepper and ground roasted cumin to pot. Reduce heat to a low boil /simmer.
5. In small pot add oil and set heat to medium high. When oil is hot add mustard and cumin seeds. When seeds begin to pop, add 3 cloves of chopped garlic and remaining 3 stalks of chopped scallions. Allow to fry till brown.
6. Add fried mixture to boiled peas, stir and cover. Turn off heat and enjoy!

