

Vulcan Spice Tea

Ingredients

- 1 cinnamon stick (about 10g)
- ½ teaspoon fennel seeds (about 2g)
- 1 teaspoon cardamom pods (about 4 g)
- 2-3 teaspoons black peppercorns (about 12g)
- ½ teaspoon freshly grated nutmeg (about 2g)
- 2 teaspoons ground ginger (about 8g)

If you have a spice grinder, combine all the spices listed above and blend until you have a fairly smooth mix (some larger pieces are OK). Otherwise, use a mortar and pestle to grind your spices into small pieces.

To make 1 cup of the tea

- ½ cup water
- ½ milk
- 1 teaspoon brown sugar (or to taste)
- 1 teaspoon loose black tea leaves
- ½ teaspoon of the spice mixture, above.

Add the water, milk, brown sugar, and tea leaves to a small saucepan. Bring to a gentle boil, then reduce the heat and add the spice mixture. Bring to a gentle boil again, then remove from the heat and let steep for 4-5 minutes.

To serve, pour the tea through a tea strainer or even a piece of cheesecloth to remove the tealeaves and pieces of spice. If desired, grate a little more nutmeg on the top as a garnish.