Karak (Chai) Syrup

Cook Time: 20 min prep Time: 5 min total Time: 25 min servings: 6
Ingredients:

- 1 3/4 cup (420ml) water
- 3 tablespoons coconut sugar
- 3 tablespoons fresh ginger, chopped
- 5 cardamom pods
- 1 cinnamon stick
- 6 cloves
- Ready-prepared roiboos tea, black tea or black coffee

Instructions:

1. In a medium saucepan mix all the syrup ingredients except for the tea. Bring the mixture to a gentle boil and then reduce the heat and let simmer for 15-20 minutes. We want the liquid to reduce by about 30% so that you are left with about 1 cup of syrup.
2. Remove from the heat and then strain and you have your syrup ready to use.
3. Store any leftovers in a jar in the fridge. To use in hot drinks warm up the syrup first. For a latte, I would add about a third of syrup with a third of hot milk and a third tea or coffee. Adjust to your preference.