

# DISCLAIMER

This book is designed to inspire and educate, offering a delightful blend of recipes, cultural insights, and information about the health benefits of ingredients. The content reflects the author's personal research, experiences, and perspectives, aiming to spark curiosity and creativity in your culinary journey.

While we've made every effort to provide accurate and valuable information, this book is not intended to replace professional medical, dietary, or nutritional advice. We encourage readers to consult with a qualified healthcare professional for guidance on dietary restrictions, allergies, or medical conditions before trying the recipes or ingredients shared here.

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With deep respect for cultural traditions, all references have been included thoughtfully and are not intended to generalize or misrepresent. The recipes serve as flexible guides and can be adapted to suit your personal tastes or dietary requirements.

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# CONTENTS

1. INTRODUCTION
2. AUTHENTIC CHAI LATTE
3. INDIAN CHAIWALLAHS
4. THE CORE OF CHAI
5. THE SPICY BLEND
6. MILK OR LATTE
7. SWEETENER'S
8. CULTURAL SIGNIFICANCE
9. TEA VENDOR/CHAIWALLAH
10. FROM STREETS TO GLOBAL CAFE'S
11. THE ESSENCE OF CHAI
12. CREATING SPICY BLENDS
13. CHAI LATTE RECIPES FOR EVERY MOOD
14. ABOUT THE WRITER

# INTRODUCTION

Chai latte has become one of the most popular beverages worldwide, rivalling even coffee. However, in many Western countries, there are still consumers and professional baristas who are unfamiliar with what chai is and what makes it so flavourful. During our travels to India, we explored the origins and secrets behind crafting the perfect chai, and we are excited to share these insights with you.

This book will guide you through the journey of chai, from the source of tea and spices to the preparation of your favourite chai at local cafés, while also highlighting the variety of ingredients that contribute to its distinctive taste.

For more information or to experience the flavour of authentic chai, please contact us at [info@chaiwallah.online](mailto:info@chaiwallah.online)

# CHAI LATTE

AUTHENTIC

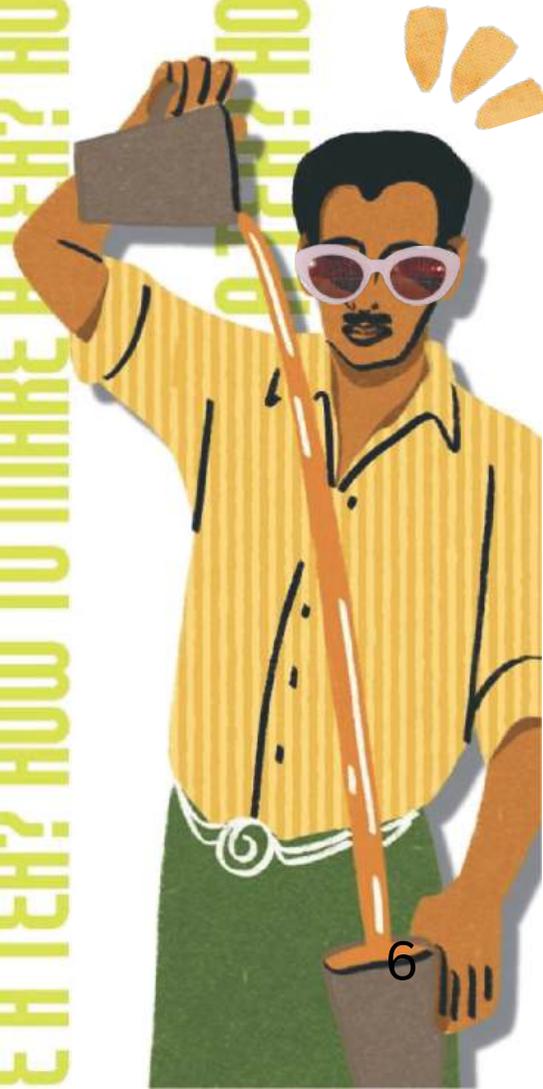
A chai latte is a warmly spiced and comforting beverage that originates from the Indian subcontinent. This popular drink is a fusion of traditional chai, a robust blend of black tea and aromatic spices, and the creamy indulgence of a latte, typically made with steamed milk. The term "chai" itself translates to "tea" in Hindi, making a chai latte essentially a tea latte.

Chai lattes have gained widespread popularity beyond their South Asian roots, becoming a beloved and versatile beverage in cafes around the world. The combination of bold spices, velvety milk, and a touch of sweetness creates a comforting and indulgent drink that can be enjoyed hot or iced, making it a favorite for those seeking a flavorful and aromatic experience.





# Tea time





SOP DETERMINATION OF DMC IN MICROWAVE OVEN

	QUANTIT Y ( Gram)	POWER LEVEL	TIME	STD. SPECIAL	STD. NORMAL	STD. HWM	STD. G.TEA
MC)	100	HIGH, MED	12 (8 + 4)	23 TO 26	23 TO 26	23 TO 26	23 TO 26
	100	HIGH, MED	8 (5 + 3)	55%	57%	40.0%	65%
	100	HIGH, MED	8 (5 + 3)	55%	60%	40.0%	65%
	100	HIGH, MED	8 (5 + 3)	54%	55%	39%	65%
MOISTURE	100	MED, LOW	5 (3 + 2)	20%	20%	16%	28%
MOISTURE	100	MED	3 Mts.	9%	9%	6%	14%
MOISTURE	100	MED	1 Mts	3%	3%	2%	2%

SOP GREEN LEAF QUALITY

MARK/ MANUFACTURE	COARSE %	BLACK LEAF %	BAG WEIGHT	B. BLIGHT	BRUIS E	CARD SYSTEM
SPECIAL TEA	< 30 %	2%	15 kg	0%	0%	< 30 WHITE
NORMAL TEA	< 35 %	3%	20 kg	10%	10%	< 34 GREEN
BOUGHT TEA	< 40%	3%	25 kg	10%	10%	< 35 YELLOW
HWM TEA - OWN	< 33 %	3%	20 kg	10%	10%	> 36 RED
HWM TEA - BOUGHT	< 33 %	3%	20 kg	10%	10%	
GREEN TEA	< 35 %	3%	20 kg		10%	
ONE LET. TEA	0%	0%			0%	
WHITE TEA	0%	0%	1		0%	

62/7

1/10 6/16







# THE SPICE BLEND



Spices provide a complex interplay of warmth, sweetness, and spiciness, elevating the chai latte from a simple tea to an indulgent, layered experience.



# CREATING SPICE BLENDS

**Cardamom**



As one of the key spices in traditional masala chai, cardamom is often considered the backbone of the spice mix, offering a fresh and uplifting contrast to stronger spices like cloves and cinnamon. Cardamom is known for its digestive properties, helping to alleviate bloating and indigestion.

This spice adds a comforting warmth to chai, complementing the creaminess of the milk. Cinnamon is celebrated for its anti-inflammatory properties and potential to regulate blood sugar levels. It is also high in antioxidants and supports heart health.

**Cinnamon**



**Cloves**



Cloves bring depth and complexity to chai, balancing out the sweetness of cardamom and cinnamon. Cloves have antimicrobial and anti-inflammatory properties and are known to support oral health.



Fresh or dried, ginger is a common ingredient in chai, providing warmth and energy. Its bright, fiery notes make it an essential component for chai's characteristic boldness. Ginger is widely known for its anti-inflammatory and antioxidant properties. It helps with digestion, nausea relief, and can be soothing for colds or flu.

Turmeric adds warmth and a subtle bitterness to chai, creating a golden-hued version that has gained popularity for its health benefits. Turmeric contains curcumin, which has powerful anti-inflammatory and antioxidant properties..



Cloves bring depth and complexity to chai, balancing out the sweetness of cardamom and cinnamon. Cloves have antimicrobial and anti-inflammatory properties and are known to support oral health

**Black Pepper**



A small amount of black pepper gives chai an added layer of spice that deepens its warmth. Black pepper aids digestion by stimulating the release of digestive enzymes. It's also a potent source of antioxidants and supports overall gut health.

Fennel seeds, when added to chai, offer a cooling contrast to the heat from other spices like black pepper and ginger. Fennel is well-known for its digestive properties, helping to soothe bloating and indigestion. It also contains antioxidants and supports hormonal balance.

**Fennel Seeds**



**Tulsi**



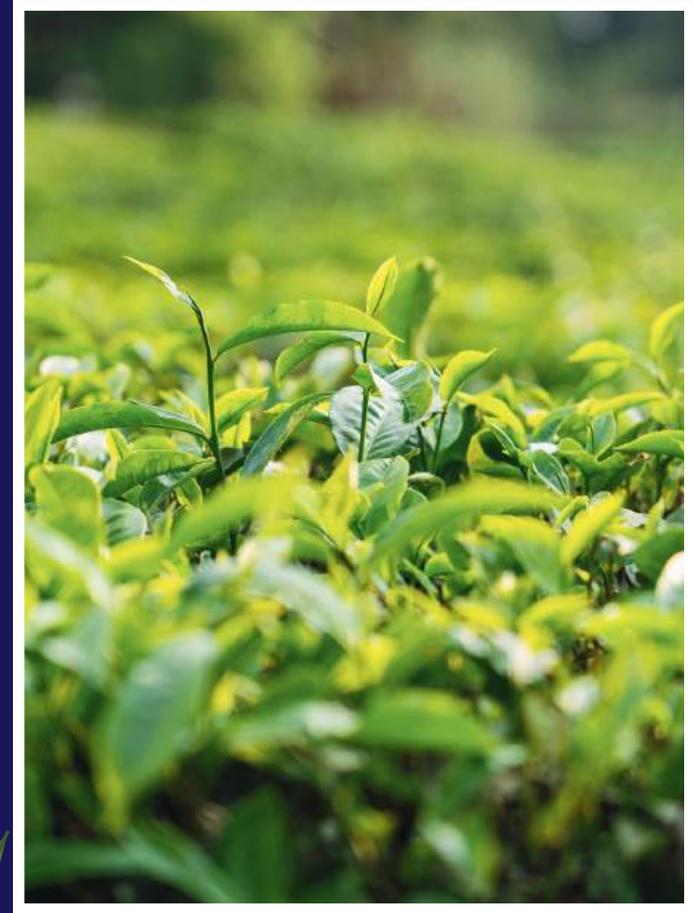
Tulsi, often referred to as Holy Basil, is a revered herb in Ayurvedic medicine and traditional Indian culture. Its inclusion not only enhances the drink's flavour profile but also infuses it with remarkable health benefits, making tulsi chai latte a soothing, nourishing, and aromatic beverage. Tulsi is celebrated for its adaptogenic properties, which help the body balance and adapt to stress.



Tea Leaf



Cloves Buds



Tea Plants

# MILK OR LATTE

Whole milk is often the go-to for an authentic chai latte due to its rich and creamy texture. Modern variations offer alternatives such as almond, soy, coconut, and oat milk to cater to dietary preferences.

**Creaminess:** Milk adds a smooth, velvety texture that balances the intensity of the black tea and spices.

**Temperature and Texture:** Steamed or frothed milk adds a luxurious mouthfeel, creating the signature latte experience.



# SWEETENERS



Sugar, honey, jaggery, maple syrup are popular choices.

**Sugar:** Adds straightforward sweetness to enhance the flavours.

**Honey:** Adds floral notes and a richer depth to the sweetness.

**Jaggery:** Jaggery retains essential minerals like iron, magnesium, and potassium, offering nutritional value absent in refined sugar.

**Maple Syrup:** Infuses a subtle caramelized flavour.

**Balancing Act:** The right amount of sweetness complements the spices, enhancing their flavours without overpowering the drink.

**Customization:** This ingredient allows for personalization based on preference—whether a sweet indulgence or a more subtle taste is desired.

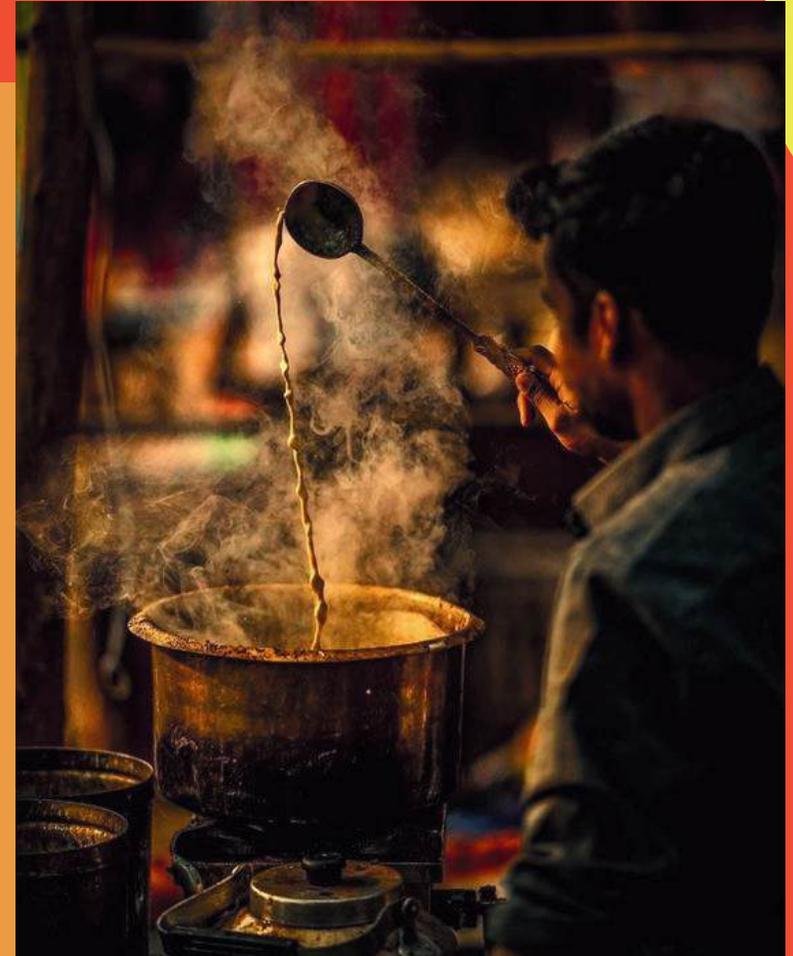
# CULTURAL SIGNIFICANCE

## RITUALS OF CONNECTION :

Chai is more than just a drink; it's a catalyst for connection. In homes, workplaces, and street corners, chai acts as a social glue, bringing people together for moments of conversation, bonding, and relaxation

## STREET CHAI CULTURE :

One of the most iconic images of India is the chaiwallah, the street vendor skillfully brewing and serving chai in small clay cups known as "kulhads."



## HOSPITALITY AND WELCOME :

In Indian households, offering chai to guests is a gesture of hospitality and warmth. Whether in urban cities or rural villages, chai is a symbol of welcome, creating an atmosphere of comfort and friendliness.

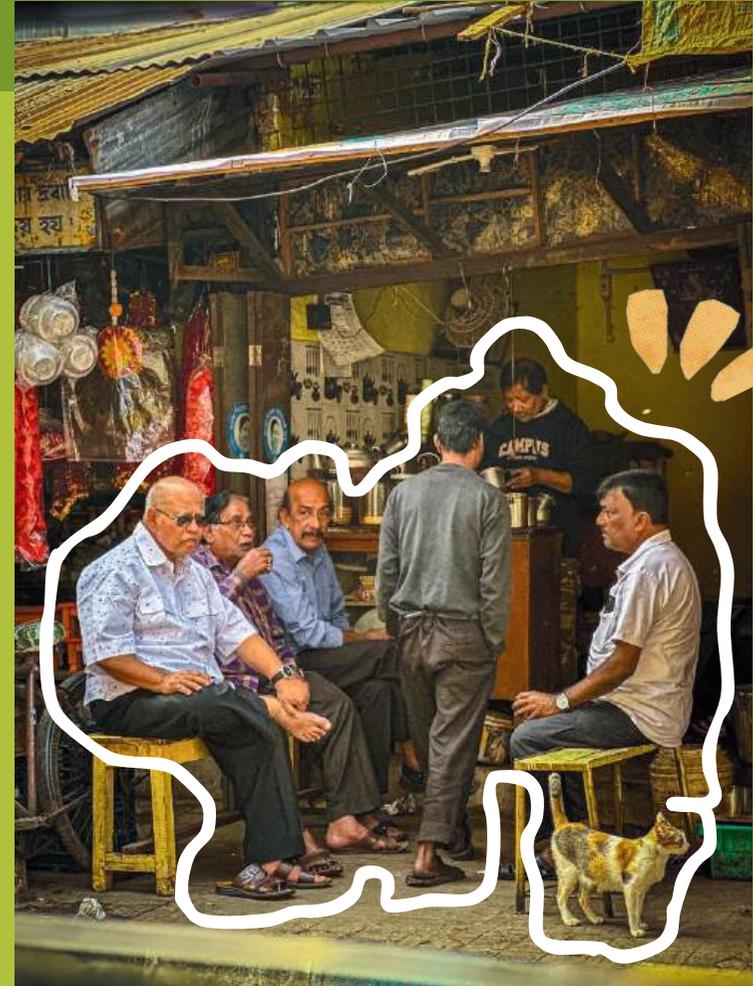


# TEA VENDOR/CHAIWALLAH

A ChaiWallah is commonly associated with street vendors or small tea stalls that dot the streets of cities and towns in South Asia.

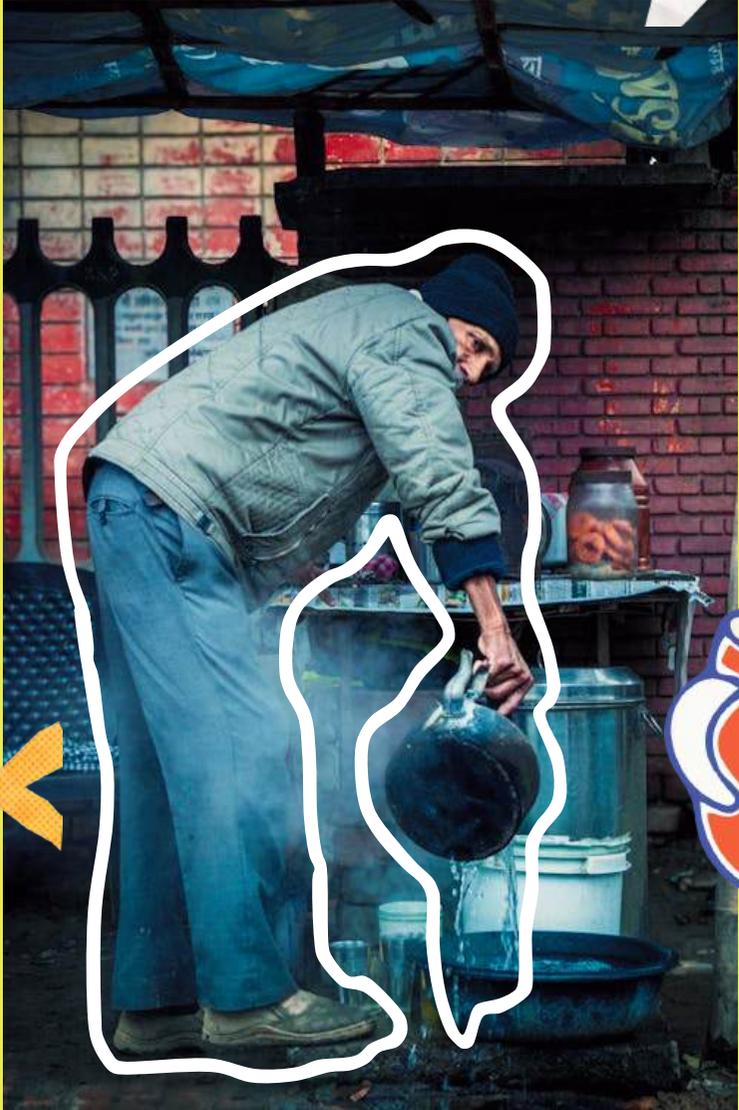
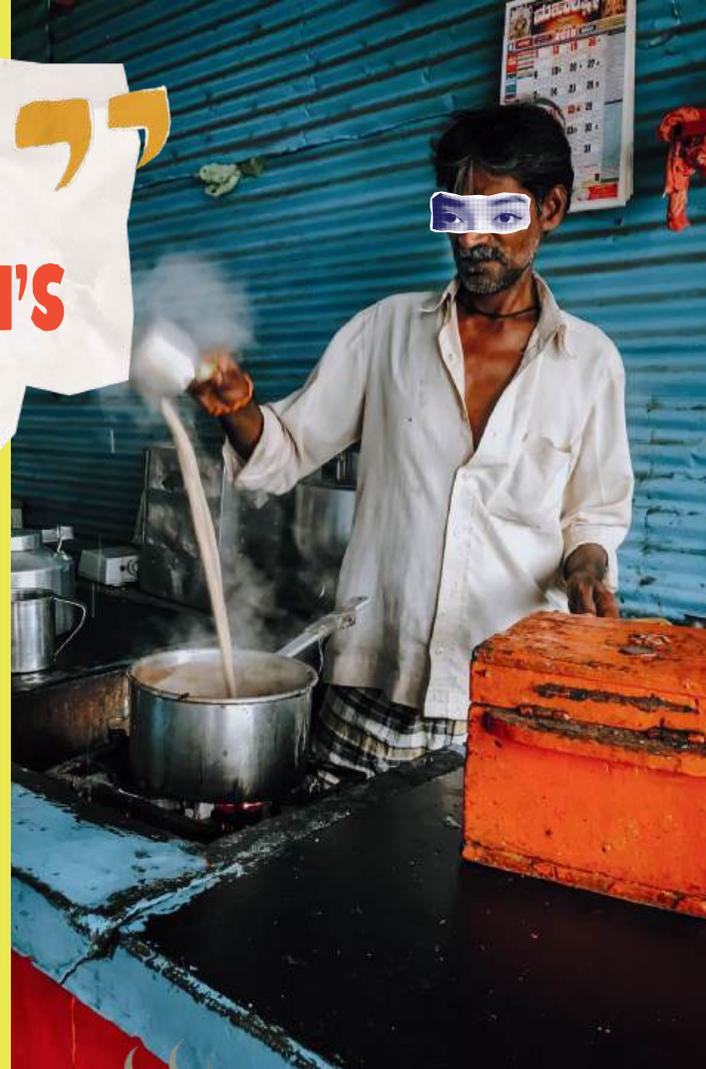
ChaiWallahs often become community hubs where people gather to enjoy a cup of chai, engage in conversations, and socialize. The ChaiWallah is a cultural symbol deeply ingrained in South Asian societies.

While traditional ChaiWallahs stick to the classic chai recipe, some may also experiment with variations or introduce innovations to cater to changing preferences.





**INDIAN**  
**CHAIWALLAH'S**





# FROM STREET TO GLOBAL CAFES

The journey of chai latte to global popularity is a fascinating tale that spans continents, cultures, and palates. Originating from the streets of India, chai latte has undergone a transformation from a regional specialty to a beloved global beverage, winning hearts with its rich blend of spices, tea, and creamy indulgence.

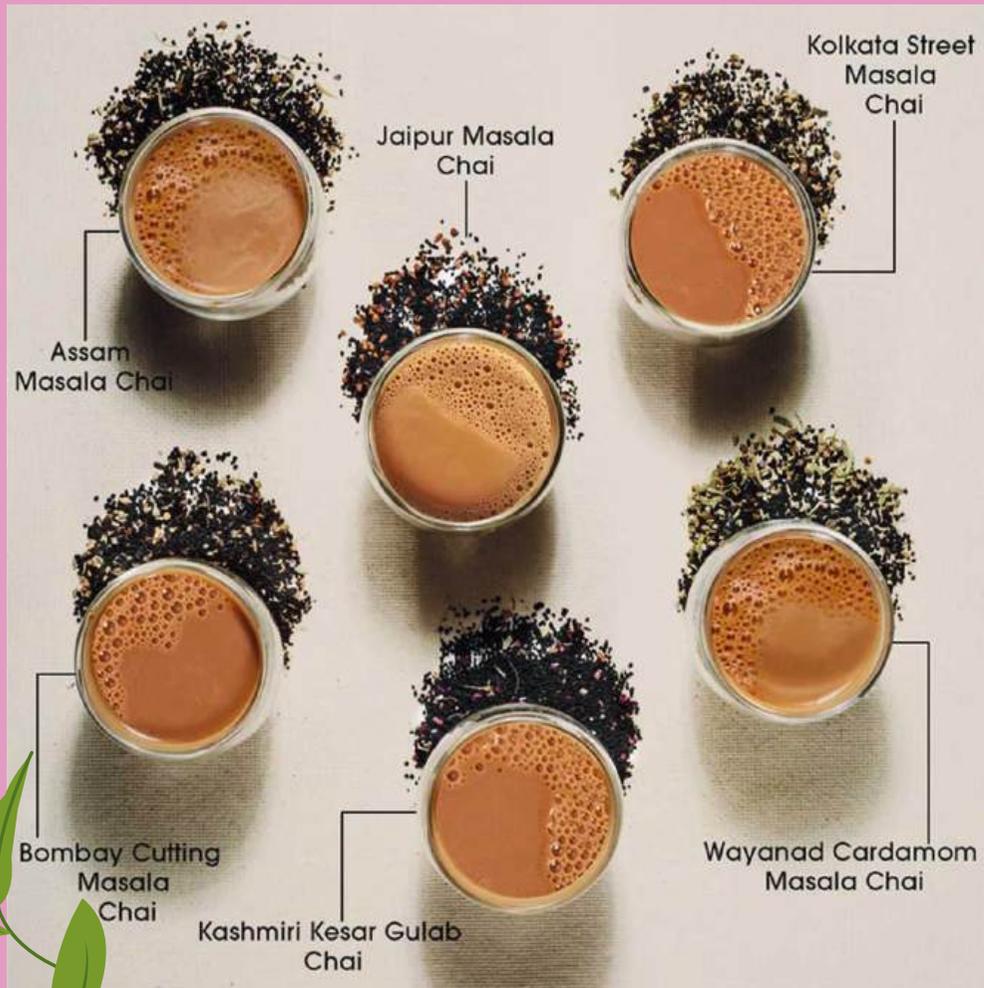


# THE ESSENCE OF CHAI

The origins and history of chai trace back to ancient times, with the beverage evolving through centuries of cultural exchange and regional variations. The word "chai" itself is derived from the Chinese word for tea, "cha," reflecting the early trade routes that brought tea to different parts of the world.

Tea made its way to India during the British colonial era in the 19th century. Initially, it was promoted as a luxury beverage enjoyed by the British elite. To make it more palatable, Indians started adding spices and milk, giving rise to the first rudimentary form of chai.





As India opened up to the global market, chai began to transcend its borders. Chai latte, a Westernized version of traditional chai, gained popularity in cafes and coffee shops globally, contributing to the globalization of this spiced tea tradition.

Today, chai stands as a global symbol of warmth, flavour, and cultural richness.

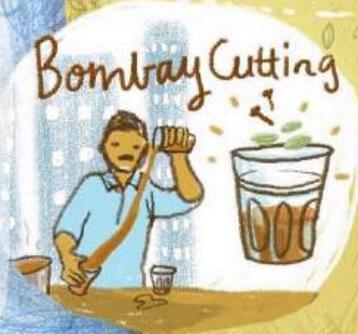
**Waziriy Chai** is a traditional green tea preparation widely consumed in the Kashmir Valley and is served in shallow cups as part of a meal.



# CHAI'S of INDIA

## WEST

A spice-infused chai that the city is famous for. It's prepared in large quantities and because the decoction is simmered for a long time, the chai is exceptionally strong.



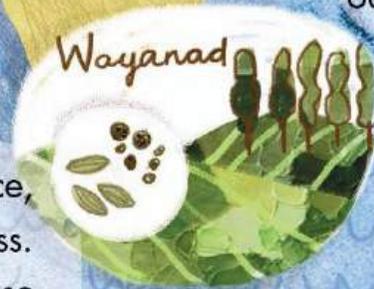
## EAST

Kolkata is famous for its masala chai; a catalyst for conversations. This chai is served in earthen clay pots made by the bhar wallahs, potters who craft the cups out of clay from the Hooghly River.



## SOUTH

Beaming with an intoxicating fragrance, the flavor of cardamom is hard to miss. It is widely grown in the dense Wayanad forests, one of India's largest spice growing regions.



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CO-OPERATIVE TEA FACTORY LTD.

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चुनकर तैयार हिमालयन चाय की चुस्कियों से रखें

ONCE  
TASTED



NEVER  
FORGOTTEN



**IF YOU NEED  
DRINK  
AND DRIVE,**

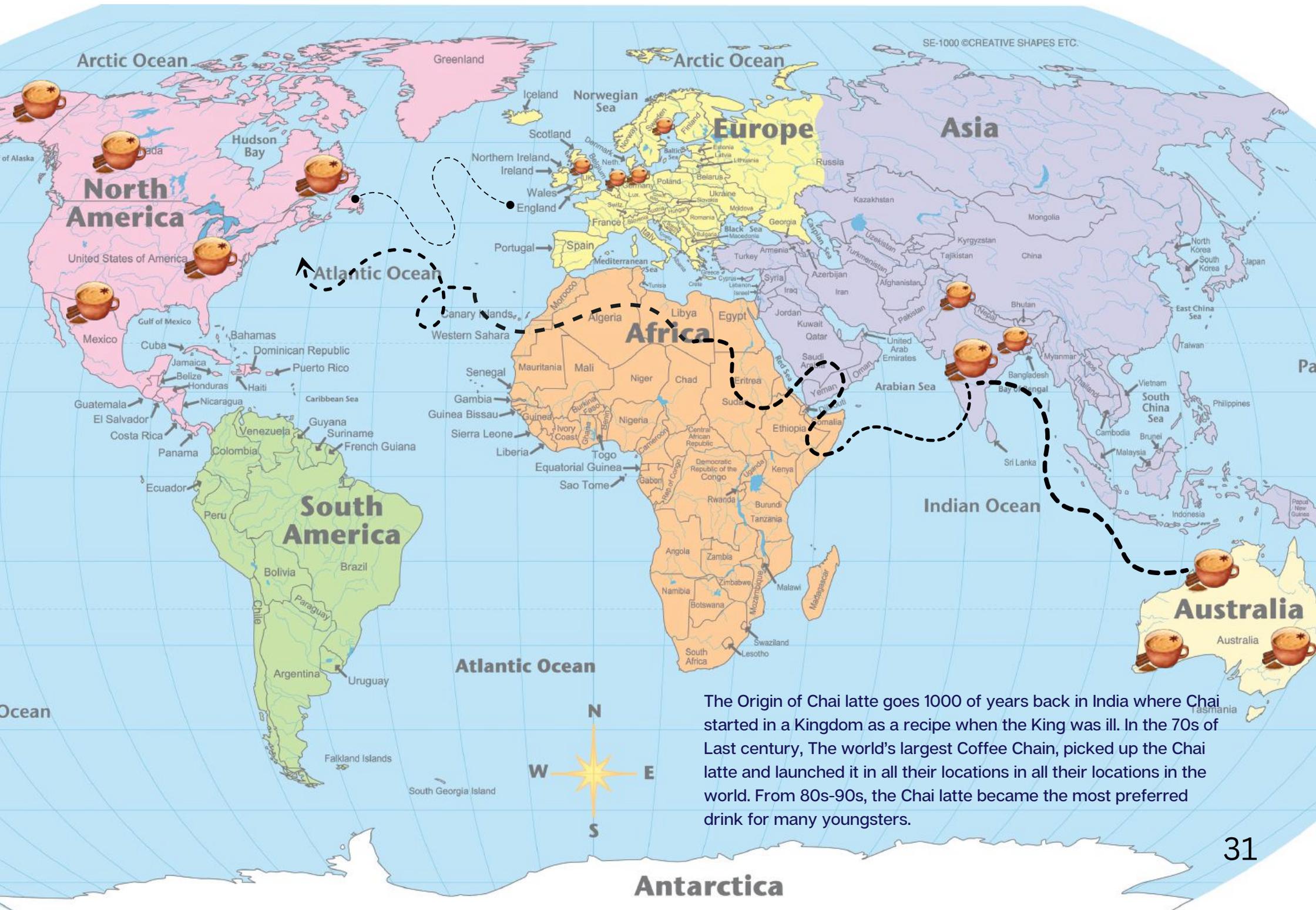


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The Origin of Chai latte goes 1000 of years back in India where Chai started in a Kingdom as a recipe when the King was ill. In the 70s of Last century, The world's largest Coffee Chain, picked up the Chai latte and launched it in all their locations in all their locations in the world. From 80s-90s, the Chai latte became the most preferred drink for many youngsters.



# Coffee With Manners







# CHAI LATTE RECIPES FOR EVERY MOOD

## ICED VANILLA CHAI LATTE

### Ingredients:

- 2 tbsp chai latte powder
- ½ cup hot water
- ½ cup milk (chilled)
- 1 tsp vanilla extract
- Ice cubes

### • Instructions:

- Dissolve chai latte powder in hot water and let it cool.
- Add chilled milk and vanilla extract, stirring well.
- Pour over a glass filled with ice cubes. Stir and enjoy!



## DIRTY CHAI LATTE (WITH ESPRESSO)

### Ingredients:

- 2 tbsp chai latte powder
- ½ cup milk
- ½ cup hot water
- 1 shot of espresso
- Optional: a sprinkle of cinnamon

### Instructions:

- Dissolve chai latte powder in hot water and set aside.
  - Heat and froth the milk (or shake in a sealed jar if frothier is unavailable).
- Combine the chai mixture and frothed milk in a mug. Add the shot of espresso.
- Top with a sprinkle of cinnamon for extra spice.



## CHAI LATTE SMOOTHIE

### Ingredients:

- 2 tbsp chai latte powder
- ½ cup milk (chilled)
- 1 frozen banana
- ½ cup Greek yogurt or plant-based alternative
- 1 tsp honey or maple syrup
- Ice cubes (optional)

### Instructions:

- Blend the chai latte powder, milk, banana, yogurt, and honey until smooth.
- Add ice cubes if you prefer a thicker, colder smoothie.
- Pour into a glass and garnish with a sprinkle of cinnamon.



# COCONUT CHAI LATTE

## Ingredients:

- 2 tbsp chai latte powder
- 1 cup coconut milk
- 1 tsp grated coconut (optional)

## Instructions:

- Heat the coconut milk in a saucepan until warm.
- Whisk in the chai latte powder until smooth and frothy.
- Pour into a mug and garnish with grated coconut for a tropical twist.



## SALTED CARAMEL CHAI LATTE

### Ingredients:

- 2 tbsp chai latte powder
- 1 cup milk
- 1 tbsp salted caramel syrup
- Whipped cream (optional)

### Instructions:

- Heat the milk and whisk in the chai latte powder and salted caramel syrup until smooth.
- Pour into a mug and top with whipped cream and a drizzle of caramel syrup.



## TURMERIC GOLDEN CHAI LATTE

### Ingredients:

- 2 tbsp chai latte powder
- 1 cup milk
- ½ tsp ground turmeric
- ½ tsp ground ginger
- 1 tsp honey

### Instructions:

1. Heat milk and whisk in chai latte powder, turmeric, ginger, and honey until frothy.
2. Serve warm for a vibrant, health-boosting drink.



## MATCHA COCONUT CHAI LATTE

- 1 tsp matcha powder
- 1 cup water
- 1 cup coconut milk
- ½ tsp ground ginger
- ½ tsp ground cinnamon
- 1 tsp coconut sugar or honey
- Ice cubes (optional for iced version)

### Instructions:

- In a small pot, whisk matcha powder, ginger, and cinnamon with hot water until dissolved.
- Heat coconut milk in another pan, then combine with the spiced matcha mixture.
- Stir in coconut sugar, and serve warm, or pour over ice for a creamy, tropical chai matcha latte.
- Garnish with a dusting of matcha or shredded coconut.



# CHAI ESPRESSO MARTINI

## Ingredients:

- 2 tbsp chai latte powder
- ½ cup hot water
- 1 shot espresso
- 1 oz vodka
- Ice cubes

## Instructions:

- Dissolve chai latte powder in hot water and let it cool.
- In a shaker, combine the chai mixture, espresso, vodka, and ice. Shake well and strain into a martini glass.



# ALMOND BUTTER CHAI SMOOTHIE

## Ingredients:

- 2 tbsp chai latte powder
- 1 cup almond milk
- 1 frozen banana
- 1 tbsp almond butter
- Ice cubes

## Instructions:

- Blend chai latte powder, almond milk, banana, almond butter, and ice until smooth.
- Pour into a glass and enjoy a creamy, nutty chai smoothie.





15







Born in 1960, Alex de Leeuw brings a wealth of knowledge and expertise from more than 35 years of experience in foodservice marketing and sales, working with renowned A-brands such as Unilever, McCain, and Van Leer. Fifteen years ago, his journey took an exciting turn when he began importing chai and matcha, introducing these exceptional beverages to coffee bars across Europe.

Alex's fascination with chai blossomed during his travels to India, where he immersed himself in the rich tapestry of tea culture. From selecting the finest spices to understanding the deep-rooted traditions surrounding chai, he uncovered the stories and rituals that make every cup a celebration of connection and warmth.

This book is Alex's invitation to you—an exploration of chai's world to savor as you sip. Let his passion for flavor and authenticity guide you through this enchanting journey.

WRITE YOUR COMMENTS