Prep Time: 2 minutes
Cook Time: 5-7 minutes
Total Time: 7-9 minutes
Servings: 1 cup
Course: Beverage
Cuisine: Global

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Ingredients

- 4-6 whole cloves (adjust to taste; more cloves for a stronger flavor)
- 1 cup (240 ml) water
- Optional: 1 teaspoon honey or maple syrup (for sweetness)
- Optional: A squeeze of fresh lemon juice
- Optional: 1 small cinnamon stick or a slice of fresh ginger (for added warmth)

Instructions

1. Preparation (Intensity: Low)

- Measure out your whole cloves. If you prefer a milder flavor, start with 4 cloves. For a more robust, spicy kick, use 6.
- Bring 1 cup of water to a boil in a small saucepan or a tea kettle.

2. Steeping (Time: 5-7 minutes | Intensity: Low)

- Once the water is boiling, remove it from the heat and add the whole cloves.
- Cover the saucepan or teapot with a lid to trap the volatile oils and aromas.
- Allow the cloves to steep for 5 to 7 minutes. The longer you steep, the stronger and more intense the flavor will be. For a very potent brew, you can let it steep for up to 10 minutes.

3. Straining (Time: 1 minute | Intensity: Low)

- Place a fine-mesh strainer over your serving cup.
- Carefully pour the hot tea through the strainer to remove the whole cloves. You can also use a slotted spoon to fish them out.

4. Finishing Touches (Time: 1 minute | Intensity: Low)

- This is where you can customize your tea. Taste the brew first.
- If you'd like it sweeter, stir in 1 teaspoon of honey or maple syrup while the tea is still hot.
- For a bright, citrusy note, add a squeeze of fresh lemon juice.
- If you added a cinnamon stick or ginger, you can leave it in the cup for extra flavor as you drink.

5. Serve & Enjoy (Intensity: None)

- Serve your Clove Tea immediately while it’s hot. Sip slowly and enjoy the warm, comforting aroma and flavor.

Recipe Notes & Tips

- Quality Matters: Use fresh, whole cloves for the best flavor. Ground cloves can be used in a pinch (about 1/4 teaspoon), but the flavor will be less clear and may become cloudy.
- Don’t Over-Steep: While a long steep gives a strong flavor, steeping for too long (e.g., over 15 minutes) can make the tea taste bitter and overly astringent.
- Intensity Control: The “intensity” of this recipe is entirely controllable by you.
    - Mild: Use 3-4 cloves and steep for 5 minutes.
    - Medium: Use 5 cloves and steep for 6 minutes.
    - Strong: Use 6-8 cloves and steep for 7-10 minutes.
- Sweetener Alternatives: Besides honey, you can use agave nectar, brown sugar, or a few drops of stevia.
- Make it a Decaf Chai: For a more complex flavor, add a cardamom pod, a black peppercorn, and a small piece of cinnamon stick to the water along with the cloves.

Nutritional Information (Per Serving)

Disclaimer: The following nutritional information is an estimate and is based on the recipe

without any optional sweeteners. The values can vary based on the specific ingredients used and steep time.

- Calories: ~2 kcal
- Total Fat: 0g
- Saturated Fat: 0g
- Cholesterol: 0mg
- Sodium: 1mg
- Total Carbohydrates: <1g
- Dietary Fiber: 0g
- Total Sugars: 0g
- Protein: 0g