

African Tea

INGREDIENTS

- 3 cups water
- 2-inch piece of ginger, peeled and chopped
- 4 cardamom pods
- 1-inch piece cinnamon stick,
- 1 teaspoon black pepper
- 2 teaspoons black tea leaves
- 2 tablespoons sugar
- 2 cups milk

DIRECTIONS

1. Simmer water with the spices, tea leaves, and sugar for about 10-15 minutes.
2. Add the milk and simmer again for 5 minutes, making sure that it doesn't spill over. If you mix the froth that comes up on top, the tea will go back to a simmer.
3. Take off the heat and strain using a tea strainer. Serve hot.

Puff-Puff

INGREDIENTS

- 1 1/2 cups flour
- 2 eggs
- 4 tbsp sugar
- 2/3 cup milk
- 1 pinch salt
- 1 tbsp baking powder
- 1 tbsp oil
- Oil for frying

DIRECTIONS

1. In a bowl, add flour, baking powder, salt, and sugar. Mix together.
2. Add eggs, oil, and milk. Whisk together. The batter shouldn't be too thin or thick.
3. In a large pot, heat 2-inches of oil over medium-high heat. When hot, add batter by spoonful and fry until golden brown.
4. With a slotted spoon, remove puff puffs from the oil and set on paper-towel to drain.

