

SPICE MIX

Ingredients for one cup

Spice mix:

- 3 cardamom pods
- 3 ginger slices
- ½ stick of cinnamon
- 2 cloves or 1 tsp clove powder
- 1 star anise
- Vanilla paste or powder
- 1 pinch of salt

As hot chocolate:

- 40 g dark chocolate (at least 80 % cacao)
- 250 ml milk or milk alternative

As a tea:

- 250 ml water
- Optionally 1-2 tsp of honey or plant-based alternative
- Optionally, a slice of orange as a special touch

Preparation:

1. Coarsely crush cardamom pods in a mortar or press with the back of a knife. Slice the ginger. Halve the cinnamon stick, place in a saucepan and toast briefly so that the aroma can develop better.
2. Add the cardamom, ginger, cinnamon, cloves, star anise, vanilla paste and salt. Add milk or water as preferred. Heat everything over medium heat and simmer gently for 10 min. For the hot chocolate, add coarsely broken dark chocolate and stir gently until the chocolate has melted.
3. Pour the mixture through a sieve into your favourite mug and enjoy.

