

Ingredients for Chai Tea Rub:

1 Chai Tea bag
1/2 tsp ground curry
1/2 tsp tandoori spice blend (cardamon, chili, cinnamon, cloves, coriander, cumin, ginger)
1/2 tsp garlic powder
1/4 tsp coarse salt
1/4 tsp freshly ground black pepper

NOTE: Makes one heaping tablespoon rub, enough for one pound meat.

Ingredients for Spicy Chai Tea Dressing:

2 tbsp sour cream
2 tbsp mayonnaise
1 tbsp strongly brewed Chai Tea
1 tsp Sriracha hot sauce
salt to taste

NOTE: Makes about 1/2 cup dressing.

**Directions:**

1. **Make the rub:** Crush tea leaves to a fine powder. Pour tea into a small mixing bowl. Add curry powder, tandoori spice, garlic, salt and pepper to tea and combine.
2. **Prepare meat:** Drizzle meat or seafood with olive oil. Sprinkle Chai Tea Rub onto steaks, coating both sides. Allow to rest, at room temperature until rub has moistened.
3. **Make the dressing:** Brew a dark, strong chai tea. Allow to cool. In a mixing bowl combine sour cream, mayonnaise, brewed Chai tea and Sriracha. Keep refrigerated.

Use Chai Tea Rub on beef, seafood, chicken or pork.

Photos of Chai Tea Rubbed Steak Spinach Salad [here](#).

Use Chai Tea Dressing on salads and slaws.

Photos of Chai Tea Rubbed Steak Tacos [here](#).