

Prep Time	2 minutes
Cook Time	10 minutes
Steeping Time	5 minutes
Total Time	17 minutes
Yield	2 servings (approx. 8 fl oz / 240 mL per serving)
Difficulty Level	Easy
Flavor Profile	Warm, sweet-spicy, aromatic, slightly woody
Flavor Intensity	Medium-High (Adjustable via steeping time)

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Recipe Key Parameters & Intensity Guide

When working with whole spices, extraction speed depends directly on heat intensity and duration. For the ideal balance of aromatic sweet notes without harsh bitterness, follow these exact intensity levels:

- Initial Bring-to-Boil: High Intensity / High Heat (100°C / 212°F)

- Simmering Phase: Low Intensity / Low Heat (Gentle rolling simmer, ~85°C–90°C)
- Steeping & Extraction Phase: Off Heat / Covered Rest (Preserves essential volatile oils)
- Flavor Profile Intensity:
 - *Mild (4–5 minutes simmer)*: Soft, herbal, lightly sweet.
 - *Balanced (8–10 minutes simmer)*: Rich, warming, distinct aromatic bite.
 - *Robust/Medicinal (12+ minutes simmer)*: Deeply spicy, intense eugenol presence, tongue-tingling finish.

Ingredients

To achieve optimal clarity, aroma, and wellness benefit, use high-quality, unblemished whole spices.

Primary Base:

- Water: 2.5 cups (600 mL) filtered water (*extra 0.5 cup accounts for evaporation during boiling*)
- Whole Cloves: 1 tablespoon (approx. 10–12 whole dried clove buds)

Complementary Aromatics (Optional, Recommended):

- Ceylon Cinnamon Stick: 1 small stick (approx. 2 inches), gently cracked
- Fresh Ginger Root: 1/2 inch knob, sliced thinly or lightly crushed
- Green Cardamom Pod: 1 pod, lightly cracked to expose seeds

Finishes & Sweeteners (To Taste):

- Raw Honey or Pure Maple Syrup: 1 to 2 teaspoons per mug (*add only after liquid cools below boiling to protect enzymes*)
- Fresh Lemon Juice: 1 teaspoon per serving (adds a bright citrus contrast)

Step-by-Step Brewing Instructions

1. Crush the Whole Cloves: Unlocks aromatic eugenol oils.

Place 1 tablespoon of whole cloves into a mortar and pestle. Give them 2 to 3 light taps to crack open the outer buds without pulverizing them into fine powder. Cracking the outer shell allows hot water to extract deep flavors quickly while keeping the finished tea crystal clear rather than cloudy.

2. Boil Water at High Intensity: High Heat / 100°C.

In a small stainless steel saucepan or enamel pot, pour in 2.5 cups of filtered water. Set your

stovetop burner to High Heat / High Intensity and bring the water to a rapid, rolling boil.

3. Add Spices & Simmer at Low Intensity: Low Heat / 85°C–90°C (10 Minutes).

Once boiling, reduce the burner to Low Heat / Low Intensity until the water reaches a gentle, low simmer. Add the lightly crushed cloves, cracked cinnamon stick, and fresh ginger slices into the pot. Let the mixture simmer uncovered for 10 minutes. The liquid will turn a pale amber-brown color as the essential oils diffuse.

4. Cover and Steep Off Heat: Zero Heat / Covered Rest (5 Minutes).

Turn off the heat entirely and move the saucepan away from the hot burner. Place a tight-fitting lid on top of the pot. Allow the tea to steep covered for 5 minutes. Covering the pot traps steam containing sensitive volatile aromas that would otherwise evaporate into the air.

5. Strain, Season, and Serve: Final Preparation.

Place a fine-mesh wire strainer over your favorite ceramic mug. Carefully pour the infused tea through the strainer, discarding the spent spice solids. Allow the tea to cool for 1 to 2 minutes until warm, then stir in 1 teaspoon of raw honey and a splash of fresh lemon juice if desired.

Pro Tips for Website Readers & Home Brewers

1. **Avoid Ground Clove Powder:** Ground clove powder can quickly make tea sludge-like, cloudy, and unpleasantly bitter or numbing on the tongue. Whole cloves yield a smooth, clear amber brew.
2. **Honey Temperature Threshold:** Always wait until your mug of tea drops slightly below boiling before stirring in raw honey. High heat degrades honey's beneficial active enzymes and natural nutrients.

3. Re-steeping Potential: Quality whole cloves can often be re-steeped a second time!
Simply add 1 more cup of fresh water to the used cloves in your saucepan and simmer for an extra 2–3 minutes.

Nutrition Facts & Nutritional Breakdown

The values below represent 1 serving (8 fl oz / 240 mL) of plain unsweetened clove tea, along with estimates including 1 teaspoon of raw honey.

Unsweetened Clove Tea (Base Infusion)

Nutrient	Amount Per Serving	% Daily Value*
Calories	5 kcal	0%
Total Fat	0.1 g	0%
Saturated Fat	0 g	0%
Sodium	5 mg	0%
Total Carbohydrate	1.1 g	0%
Dietary Fiber	0.4 g	1%
Total Sugars	0 g	—
Protein	0.1 g	0%
Manganese	0.6 mg	26%
Vitamin K	1.8 mcg	2%
Calcium	12 mg	1%
Potassium	22 mg	0%