- Preparation Time: 2 minutes
- Cooking Time: 8–10 minutes
- Total Time: 10–12 minutes
- Servings: 2 cups
- Difficulty: Easy
- Category: Beverage / Herbal Tea
- Cuisine: South Asian / Middle Eastern

Table of Contents

- Ingredients
- Equipment Needed
- Instructions
  - Step 1: Prepare the Seeds (2 minutes)
  - Step 2: Bring Water to a Boil (3–4 minutes)
  - Step 3: Add the Kalonji Seeds (1 minute)
  - Step 4: Simmer on Low Heat (5–7 minutes)
  - Step 5: Strain the Tea (1 minute)
  - Step 6: Add Sweetener and Garnish (30 seconds)

    - Step 7: Serve and Enjoy
- Time and Intensity Guide
- Nutritional Information (Per Serving, Approximate)

Ingredients

- 1 teaspoon (about 3 grams) whole kalonji seeds (black seeds / *Nigella sativa*)
- 2 cups (500 ml) filtered water
- 1 small piece of fresh ginger, sliced (optional, for added warmth)
- 1 teaspoon raw honey or jaggery (optional, for sweetness)
- 2–3 fresh mint leaves (optional, for garnish and freshness)
- A squeeze of fresh lemon juice (optional)

Note: Use whole seeds rather than ground seeds for the best flavor and nutritional retention. If using ground kalonji, reduce the quantity to ½ teaspoon.

Equipment Needed

- Small saucepan or tea kettle
- Fine mesh strainer or tea sieve
- Measuring spoon
- Serving cups or mugs
- Optional: mortar and pestle (to lightly crush seeds)

Instructions

Step 1: Prepare the Seeds (2 minutes)

Measure out 1 teaspoon of whole kalonji seeds. For a more robust flavor and greater release of beneficial oils, you may lightly crush the seeds using a mortar and pestle—just a gentle press, not a full grind. This step is optional but recommended for maximum potency.

Step 2: Bring Water to a Boil (3–4 minutes)

Pour 2 cups of filtered water into a small saucepan and place it over medium-high heat. Allow the water to come to a rolling boil. If you’re adding ginger, toss the slices in now so they can infuse as the water heats.

Step 3: Add the Kalonji Seeds (1 minute)

Once the water is boiling, add the kalonji seeds (and crushed seeds, if using). Stir gently with a spoon. You'll notice the seeds begin to release a warm, peppery aroma almost immediately.

Step 4: Simmer on Low Heat (5–7 minutes)

Reduce the heat to low and allow the mixture to simmer gently, uncovered. Let it steep for 5 to 7 minutes. During this time, the water will take on a light amber hue and the seeds will soften. Avoid boiling vigorously, as this can make the tea bitter and cause the water to evaporate too quickly.

Step 5: Strain the Tea (1 minute)

Remove the saucepan from the heat. Place your fine mesh strainer over a mug or a small pitcher and carefully pour the tea through, catching all the seeds and ginger pieces. Discard the used seeds (or compost them).

Step 6: Add Sweetener and Garnish (30 seconds)

If desired, stir in 1 teaspoon of raw honey or jaggery while the tea is still warm so it dissolves easily. Add a squeeze of fresh lemon juice for a bright, tangy note. Float a few mint leaves on top for a refreshing aroma and a lovely presentation.

Step 7: Serve and Enjoy

Serve the kalonji water warm. It can also be chilled and enjoyed as a refreshing iced tea during warmer months. Sip slowly and mindfully to appreciate its earthy, slightly peppery flavor.

Time and Intensity Guide

Stage	Time	Heat Intensity
Preparing seeds	2 minutes	None (room temperature)
Boiling water	3–4 minutes	Medium-high
Adding seeds	1 minute	Medium-high
Simmering/steeping	5–7 minutes	Low
Straining	1 minute	Off heat
Sweetening & garnishing	30 seconds	Off heat
Total	10–12 minutes	Low to medium-high

Nutritional Information (Per Serving, Approximate)

Based on 2 servings without added honey or jaggery:

- Calories: 8–10 kcal
- Total Fat: 0.4 g
- Carbohydrates: 1 g
- Protein: 0.3 g
- Fiber: 0.3 g
- Sodium: 1 mg

- Potassium: 10 mg