

Bhutanese Recipes

Kewa Datshi--Potatoes and cheese - serves 3-4 people

Ingredients:

- 4 potatoes
- 1/3 cup of cheese, (Swiss, Farmers or almost any kind of white cheese)
- 1/4 cup of chopped red onions
- 1 Tablespoon oil
- 1 teaspoon salt
- 1/2 teaspoon chili powder (vary amount according to your tolerance)
- chopped onions (optional)
- chopped tomatoes (optional)

Cut potatoes into small pieces. Put the potatoes along with some oil and salt in a saucepan or pot. Add 1 and 1/2 cup of water. Cut the cheese into small pieces and when potato is almost cooked, add the cheese. You can add some chopped onions and tomatoes to taste if wanted. Don't forget the chili powder. You don't want too much water in this dish, but don't let it dry up completely either. Add a little water every time it gets low. The dish should end up the consistency of gravy and be served over red or white rice and accompanied with one other dish. (Is this dish pureed or does it stay in chunky form?)

Ewa Datshi--Chilies and Cheese

If Bhutan has a national food, it is probably *ewa datshi*. In the local language, *ewa* means chili, and *datshi* means cheese. *Ewa datshi* is a chili cheese curry, and it is hot! Bhutanese children are introduced to fiery chilies early in life. They become accustomed to the spicy flavor and find most foreign foods bland.

Ingredients:

- 1 cup green chilies
- 1 red onion chopped lengthwise
- 2 tomatoes
- 1 cup Danish Feta cheese
- 5 cloves of garlic, finely crushed
- 3 leaves of coriander (most folk will not be able to find coriander in leaves, what is ground measurement substitute?)
- 2 tsp. vegetable oil

Directions:

Cut chilies lengthwise into quarters Put chilies and chopped onions in a pot of water (approximately 2 cups). Add 2 teaspoons vegetable oil. Then boil at medium heat for about 10 minutes. Add tomato and garlic and boil for another 2 minutes. Add cheese and let it remain for 2-3 minutes. Finally add coriander and turn off the heat. Stir. Keep it closed for 2 minutes. **Serves 3**. Serve with a generous portion of red rice or white rice.

Note: The cheese that is actually used cannot be found outside Bhutan. They are a local farmer's cheese with a unique texture that doesn't dissolve when put in boiling water. None of the Bhutanese outside Bhutan that I know have found a good substitute yet. Others have suggested "farmer's cheese" or a mixture of various kinds of cheeses.

This dish is **VERY HOT**.

Butter Tea

Visit any farmhouse in the countryside of this small Buddhist nation, and your host will likely serve a traditional cup of Bhutanese butter tea along with puffed rice. Pray that the people of Bhutan would hear about Jesus from believers who visit their homes. Pray that the Gospel will be shared as warmly as the cups of butter tea they share together.

Ingredients:

- 4 cups of water
- 2 teabags of plain black tea
- pinch of salt
- 2 tablespoons of butter (salted or unsalted -- it's up to you!)
- 1 cup of milk or cream

Boil the water and then place the two teabags into the pot to brew. Once the tea has brewed to your satisfaction, remove the teabags and add the salt, the butter and finally the milk or cream.

Note: You may prefer to serve water or tea with the meal and then serve the Butter Tea as an optional drink during the "movie time" or prayer activity..Serve small portions. Butter tea is an acquired taste