

# Tibetan Tea Recipes, Adapted from *The Lhasa Moon Tibetan Cookbook*

## Buttered Tea

*Poecha*

The added butter is better suited to cold high altitudes, so you will probably want to use much less than the recipe calls for (except in the cold climates of Tibet and other mountainous areas). A fine oil may also be substituted.

### INGREDIENTS:

1/3 Cup compressed tea or 4 black tea bags  
1 1/2 cups milk  
2-4 tablespoons butter  
3/4 teaspoon salt

If you are using tea bags, pour 2 cups of boiling water over them and steep for 5 minutes. If you are using compressed tea, add it to 3 cups of water in a small saucepan and boil gently for 20 minutes, stirring occasionally to separate the tea leaves. Strain the boiled tea (makes about 2 cups) or remove the tea bags.

Add the milk, butter, and salt to the concentrated tea. Boil up a separate kettle full of water. Pour roughly 1/3 of the concentrated tea mixture into a blender. Add 2 1/3 cups boiling water, blend briefly, and serve immediately. Make two more batches, using the tea concentrate and a total of 7 cups of boiling water. Blend the second and third batch when you are ready to serve refills.



## Spiced Tea

*Chai*

The Indian *chai masala* has become very popular in the Tibetan refugee community, and is healthier in the Indian climate than the traditional buttered tea.



### INGREDIENTS:

4 cups cold water  
4 cardamom pods  
1 inch fresh ginger, crushed  
2 black tea bags  
1 cup whole milk  
1 tablespoon sugar

Crush the cardamom pods and ginger and add them to the cold water. Slowly bring the water to a boil. Remove from the heat and add the tea bags. Allow the mixture to sit for several minutes. Remove the tea bags and add the milk and sugar.

Reheat and serve.