

Butter Tea (Po Cha)

Butter tea is a salty tea made from Yak butter, traditionally drunk in the Himalayan region and particularly in Tibet.



- 4 cups of water
- Plain black tea (2 individual teabags, or two heaped spoons of loose tea)
- 1/4 teaspoon salt
- 2 tablespoons butter (salted or unsalted)
- Half a cup of milk

- Bring four cups of water to a boil.
- Put two tea bags or two tablespoons of loose tea in the water and let the water boil for a couple of minutes.
- Add a quarter of a teaspoon of salt.
- Take out the tea bags, or if you have used loose tea strain the tea.
- Add half cup of milk.
- Now turn off the stove.
- Pour your tea mixture, along with two tablespoons of butter, into a *chandong*, which is a kind of churn. As churns are rare outside of Tibet, you can also use a blender, which works very well.
- Churn or blend the mixture for two or three minutes. In Tibet, it is assumed that better *po cha* is blended for a longer period of time.