



Recipe for Tibet

Po Cha

4 cups of water

¼ teaspoon salt

1/3 cup half and half or full fat milk

Plain black tea, 2 individual teabags

2 tablespoons butter, salted or unsalted

First, bring four cups of water to a boil. Next, put the two tea bags in the water and let steep while the water is boiling for a couple of minutes. Add a heaping quarter of a teaspoon of salt. Take out the tea bags and add 1/3 to ½ cup of half and half or milk. Now turn off the stove.

Pour the tea mixture along with two tablespoons of butter into a mixing bowl and blend with blender for two or three minutes.

Serve Po Cha right away because it is best when very hot.