
TIBETAN NOODLES & TEA

TIBETAN MILK TEA

Tea leaves

Milk

Roasted barley flour

Butter

1. Put water and tea leaves in a kettle and boil them together
2. Then put milk as much as you like and add some tsampa (roasted barley flour) and butter
3. Cook for several minutes

THENTHUK (PULL NOODLES)

1 heaping cup of all-purpose flour

1/3 pound of beef

3 tablespoons of oil

½ onion

2 pieces of green onion

1 small piece of ginger

1 clove of garlic

1 potato

1 hand full of lettuce or spinach

1 carrot

1 red pepper

A few stems of cilantro

THE DOUGH

(put it in for 15-20 m)

1. For 2 people, 1 heaping cup of all-purpose flour
2. Mix the flour and water very well by hand and keep adding water until you can make a smooth ball of dough. Then knead the dough very well until the dough is flexible.
3. Separate the dough into pieces about half size of your fist and roll the dough between your hands. Make the shape like bananas or wedge.
4. Then put oil on your hand and roll the piece between your hands again so they won't stick together. Put them in a plastic bag or put a lid to cover the dough so it doesn't dry out.

THE BROTH

1. Chop half an onion, a small piece of ginger and other vegetables you like such as potatoes and tomatoes, ½ pound of meat into bite-size slices
2. Fry everything with two or three tablespoon of oil for four minutes then add seasoning, salt, and spices.
3. Add about five cups of water to the pot.
4. While you are cooking, chop a few stems of cilantro, two green onions and handful of spinaches or lettuces.

THE THROW-DOWN

1. When the broth starts to boil, you can add the dough. Take a wedge of dough and roll it between your hands so it gets a little longer. Flatten it with your fingers. Then pull the dough off in little flat pieces as long as your thumb and through them in the pot.
2. When all the noodles are in the pot, cook it for additional three or four minutes. And put in the cilantro and spinach or lettuces. And then serve the soup. Before you serve make sure the taste is right for you, add a little salt or soy sauce if you like.