

# SPICY BHUTANESE COOKING

## HOENTSE DATSHI (SPINACH CURRY WITH CHEESE)

Serves: 4

Ingredients:

- 2 c. rice (basmati or any long grain works best)
- 2 Tbsp. vegetable oil (olive oil can be substituted)
- 1 medium white onion, chopped
- 3 cloves garlic, chopped
- 2 medium tomatoes, diced
- 1 chili pepper, chopped (sub Shishito pepper if you want less heat)
- 1 head of spinach, chopped coarsely
- ½ cup farmer's cheese
- 1 Tbsp. salt

1. Cook the rice according to package directions, on stovetop or in rice cooker
2. Heat the oil in a medium-high sauté pan; when heated, add chopped white onion and garlic and cook until they're transparent
3. Add diced tomatoes and chili, and mix slowly, adding the spinach in increments
4. Lay the cheese and sprinkle salt on top, then cover for 4-6 minutes
5. Uncover, mix slightly, and serve over rice

## KEWA DATSHI (POTATOES, CHILIES AND CHEESE)

Serves 4-6

Ingredients:

- 4-6 medium potatoes, sliced
- ¼ c. cooking oil (olive oil can be substituted)
- Dash salt
- 1 medium tomato
- 1 small white onion (red onions or shallots can also be substituted)
- 1 clove of garlic (optional)
- 4-6 fresh red or green chilies (dried chilies can be substituted)
- ¾-1 c. farmers cheese

1. Wash and peel potatoes, cut into thin slices
2. Slice tomato and onion.
3. Chop garlic.
4. Wash and slice the fresh chili, removing seeds if you wish to reduce the heat. (If using dried chilies, they can be cut with kitchen scissors and seeds removed if desired.)
5. Boil 2 cups of water on the stove top, then place all the potatoes in the boiling water.
6. Add cooking oil, and salt to taste.
7. Add sliced tomato, onion, garlic and chili on top of the potato, and let the mixture boil 5-7 minutes or until potato is softened.
8. Once the potato has softened, add the cheese on top, but **do not mix it**.
9. Once the cheese softens, and it's ready to eat.