

Bhutan

Ema Datshi (Chilli & Cheese)

Bhutan's favourite dish keeps Australian volunteers like Tiffany warm throughout the winter. It took her some time to adjust to the very spicy chillies in Bhutanese cooking, but eating *ema datshi* with her colleagues during their daily pot luck lunches is one of Tiffany's cherished memories.



Ingredients

- ½ kg sliced chillies or ¼ kg dried chillies
- 250g Bhutanese cheese*, grated or chopped
- 1 tomato, chopped (optional)
- 1 onion, chopped (optional)
- 1 clove garlic, chopped (optional)
- ½ cup water
- 3 tbsp oil
- ½ tbsp salt

Method

- Heat oil in medium-sized pot.
- Add chillies, cheese, onion, garlic, tomato and salt, and fry for 30 seconds.
- Add water and cook for five minutes on medium heat, or until the ingredients have softened but there is still some liquid in the pan.
- Serve with rice.

Tips

- This dish is not for the faint hearted! To reduce the spiciness, swap half the chillies for capsicum or mild bell pepper.
- * Bhutanese cheese is a soft cheese made from cow's or yak's milk. When substituting this ingredient, consider using a mix of cheeses that melt easily, such as a cheddar, harvarti and/or cream cheese.