Main dishes / Bhutan

Ema datshi



Green chillies stewed in cheese. Bhutan's national dish, where chilli is a vegetable rather than a seasoning.

Time 35 min **Servings** 4

What you'll need.

- ☐ 400 g Green chillies — large, milder variety
- ☐ 1 piece Onion
- ☐ 1 piece Tomato
- ☐ 350 g Red rice — to serve
- ☐ 300 g Datshi or feta cheese
- ☐ 5 clove Garlic
- ☐ 30 g Butter
- ☐ Salt — to taste

Let's make it.

01 Quarter the chillies lengthways. The seeds stay in; in Bhutan they are not removed.

02 Put the chillies, sliced onion, garlic and tomato in a pan and add water to the same level.

03 Bring it up and cook ten minutes, until the chillies soften.

04 Crumble the cheese in, drop the heat and leave it two minutes; it should begin melting on its own.

05 Stir it into a creamy sauce, add the butter and salt cautiously; the cheese is salty.

06 Serve with the red rice Bhutanese cook to a slightly sticky texture.

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