Tibetan tradition

PO CHA

Prepared tea • 1 adult serving

WATER
See preparation

BREW
See preparation

SERVE
Warm

INGREDIENTS

strong black or dark tea 200 mL

unsalted butter 10 g

small pinch of salt



Contains caffeine

Illustrative cup image

PREPARATION

1. Strain the brewed tea, then whisk with softened butter and salt until emulsified. This is a kitchen adaptation of churned butter tea.

NUTRITION NOTE

Serving size and added ingredients determine the nutrition of the prepared drink.

CAFFEINE & ALLERGENS

Contains caffeine. Contains milk. Check ingredient labels and substitutions.

SERVING NOTE

For adults. Check supplier directions and serving temperature. For iced drinks, chill promptly and keep cold.

Regional source