

Bhutan Beef with Potatoes

1. Cut the beef into cubes
2. Wash the meat
3. Place cubes into pressure cooker and fill with water
4. Add some sunflower oil
5. Cook for approximately 8 minutes in pressure cooker
6. Add potatoes and some salt
7. Cook for another 4 minutes
8. Add chopped spring onions and coriander

While that is continuing to cook...

1. Cut potatoes into cubes and then add to the pressure cooker
2. Cook until meat is cooked thoroughly and potatoes are just beginning to soften

Chilli & Cheese

1. Cut the tops off of chilli peppers.
2. Slice them lengthwise and remove seeds for milder flavor. If you can stand the heat, leave some seeds in.
3. Place chillis in a heavy cast iron pan (or similar), add diced red onions and cubed cheese (this should be special cheese from Bhutan but a mozzarella or other somewhat mild cheese will do)
4. Add Swiss cheese and some salt
5. Add butter – perhaps a 1/4 to 1/2 cup depending on the number of chillis and cheese you're preparing
6. Add water and oil
7. Cook on stovetop until butter has melted and cheese is starting to melt
8. Then place cast iron pan in oven at about 350. Do not stir but let bake until cheese is melted, chillis are soft and everything is thoroughly cooked

Buckwheat Noodles

1. In a large bowl, combine buckwheat flour and water using your hands. You don't want the dough to be too pasty or too dry.
2. Press the noodles through a noodle maker (preferably one pictured at www.WanderlustAndLipstick.com where you sit on it to create the perfect noodle every time!
3. Cook noodles in batches until they float
4. Rinse with cold water
5. When cooled, add pressed garlic to the noodles
6. Add mixed spices found at 12,000 feet in Bhutan ☺ and dried onion
7. Add chilli powder to taste
8. Add coriander, cilantro, salt, fresh peppercorn
9. Heat oil in a pan and then add warm oil to the noodles and spices
10. Toss with hands