

Finding Common Foods - Bhutan

NOTE: This is a list of foods that are either not common in an Australia context or are used in different ways in Bhutan. They may be available in speciality stores in Tasmania and some of the vegetables may be grown at home.

Ingredients	Translation or description	Availability to purchase or grow
Breads, grains and cereals		
Barley	Na	Roasted barley flour mixed with salt and butter tea, called Tsampa. Barley flour can be purchased in wholefood shops.
Buckwheat	Bjo	Used to make Chutey (buckwheat bread with a hole in the middle, prepared by boiling), pancakes and noodles. Buckwheat flour available in wholefood stores.
Millet	Membja	
Noodles	Bathu/thukpa	Used to make Thukpa Tibetan noodle soup. Imported rice noodles (Phin) are mixed with curry.
Polished white rice	Ja chum	
Red or pink rice	Eve chum/eue chum/yu chuem	Can be purchased in Asian shops
Zaw		Parched, fried rice used as a snack with tea and mixed with sugar and butter.
Vegetables	Common vegetables include potato, cauliflower, cabbage and green leafy vegetables.	
Chilli	Ema, Ngalong	Added to most dishes in Bhutanese cooking and also added to meals as a condiment. Ema Datse is green chillies (sometimes red) in a cheese sauce.
Corn (maize)	Gaza or gezasip	Used to make Kharang, which is pounded maize mixed with rice and served with butter.
Churu and Dhamru		Churu is a river plant/weed that is made into a soup called churu jaju.

		Dhamru is also a wild plant growing along the riverbanks.
Fiddlehead fern fronds	Nakey	Often cooked with meat and chilli.
Mushroom (Wild)	Shamu	Shamu datse, is a dish made with mushrooms and cheese
Mustard	Paga	
Olache (Orchids)		Buds of the wild orchid are cooked with Shakum (dried beef) or Shikum (bacon), and with green peppers and cheese
Ondo (Turnips)	Cooked, eaten raw or sliced and dried. Pepper is always included. Turnip leaves are also dried	Turnips can be grown or purchased in most Green grocers or supermarkets
Radish	Laphu	Can be grown or purchased readily in green grocers. Pickled radish can also be brought from Asian grocery stores.
Ram		Pungent, flat leafed plant related to the onion. Used as a spice in salads.
Thingey pepper		Dried and ground berries from Sichuan and Thingnay peppers
Zhimtsi		Black seeds with high oil content
Dairy, meat and alternatives	Chicken (Bja sha) Fish (ngasha) and egg (gongdo) are commonly eaten	
Cheese	Datse	Common dishes include Kewa Datse , which is potato with cheese sauce, served with chilli
Pork	Phak sha laphu Phak sha phin tshoem Phak sha Pa (Pork Pa)	Stewed pork with radish Pork with rice noodles Sliced pork made into a stew using fresh red chilli, onion, tomato, ginger, sliced radish and oil.
Pulses	Lentils, beans, peas.	Mixes with rice, chilli powder and broth in a thick soup (Khechiri). Also made into Dahl Baht (lentil soup served with rice)
Water Buffalo	Mahe	
Yak cheese	Churkarm (chuigo, churpi, tepta, churkka or chugo kam)	Can be added to dishes or dried and eaten.

Please send any comments or amendments to email: Community.Nutrition@dhhs.tas.gov.au