



TIBETAN BUTTER TEA

A WESTERN ADAPTATION OF

BUTTER TEA—PO CHA—IS ONE OF THE DEEPEST EVERYDAY SYMBOLS IN TIBETAN LIFE. IT'S NOT A "SPECIALTY DRINK." IT'S CARE, SURVIVAL, AND STEADINESS MADE TANGIBLE. MADE WITH YAK BUTTER AND TEA TRADED ACROSS MOUNTAIN ROUTES, IT REFLECTS: DEPENDENCE ON ANIMALS, RESPECT FOR LAND, AND INTERDEPENDENCE FOR SURVIVAL. HERE IS OUR WESTERN ADAPTATION OF TIBETAN BUTTER TEA:

SCAN FOR YOUR MEDITATION:

INGREDIENTS (1 GENEROUS MUG)

- 1 TSP LAPSANG SOUCHONG TEA (LOOSE LEAF)
- 1 CUP FRESH WATER
- ½ CUP WHOLE COW'S MILK
- 1 TBSP UNSALTED BUTTER (PREFERABLY GRASS-FED)
- 1-2 TSP HONEY, TO TASTE
- PINCH OF SEA SALT (OPTIONAL BUT RECOMMENDED)

BREWING & PREPARATION

1. BREW THE TEA STRONG
2. BRING WATER TO JUST BELOW BOILING. STEEP LAPSANG SOUCHONG FOR 4-5 MINUTES. STRAIN.
3. WARM THE MILK
4. GENTLY HEAT MILK UNTIL HOT BUT NOT BOILING
5. COMBINE & EMULSIFY
6. ADD BUTTER TO THE HOT TEA. POUR IN WARM MILK. STIR VIGOROUSLY OR BLEND BRIEFLY UNTIL SMOOTH AND LIGHTLY FROTHY
7. SWEETEN & BALANCE
8. ADD HONEY AND A SMALL PINCH OF SALT. TASTE AND ADJUST
9. SERVE HOT
10. DRINK SLOWLY, IN SMALL SIPS



TIBETAN INSPIRATIONS

TEA → RESILIENCE AND STEADINESS

BUTTER → NOURISHMENT AND WARMTH

MILK → SOFTNESS AND CARE

HONEY → GENTLENESS AND BALANCE

SMOKE → OFFERING AND IMPERMANENCE

“THIS TEA IS NOT FOR REFRESHMENT, BUT FOR STEADINESS.”

