

# Bhutanese Food & Cuisine: What to Eat in the Land of Chili and Cheese

Food 8 min read

Bhutanese cuisine is unique in the world - chili is a vegetable, not a spice, and cheese appears in almost every dish. Prepare your taste buds for bold flavors and hearty mountain food.

## EMA DATSHI - THE NATIONAL DISH

Ema Datshi (chili cheese) is Bhutan's national dish: green or red chilies cooked in a cheese sauce. It's spicy, creamy, and served with red rice at almost every meal. Variations include Kewa Datshi (potato cheese) and Shamu Datshi (mushroom cheese).

### Pro Tips

- Start mild if you're not used to spice
- Hotels offer less spicy versions
- Authentic restaurants serve it hot!

## MOMOS

These Tibetan-style dumplings are stuffed with meat or vegetables and served steamed or fried. A popular snack and comfort food, momos are found everywhere from street vendors to fine restaurants.

### Pro Tips

- Beef and pork momos are most common
- Dip in ezay (chili sauce)
- Great vegetarian options available

## BUTTER TEA (SUJA)

This traditional drink is made with tea leaves, yak butter, and salt - more savory than sweet. It's an acquired taste but provides energy and warmth in cold mountain regions.

### Pro Tips

- Always accept when offered by locals
- Drink from the same cup they refill
- Try sweetened milk tea if suja is too strong

## RED RICE & LOCAL SPECIALTIES

Bhutanese red rice has a nutty flavor and is healthier than white rice. Other specialties include Jasha Maru (spicy chicken), Phaksha Paa (pork with chilies), and Hoentay (buckwheat dumplings from Haa).

### Pro Tips

- Request vegetarian options in advance
- Try local ara (rice wine)
- Hotels offer international cuisine too

## Dining Etiquette & Customs

Understanding Bhutanese dining customs enhances your cultural experience and shows respect for local traditions.

- **Receiving Food:** Always accept food and drinks with both hands as a sign of respect. When butter tea is offered, it's polite to take at least a sip.
- **Meal Structure:** Traditional meals are served buffet-style with rice as the centerpiece. Take small portions initially as hosts will encourage second helpings.
- **Eating Style:** Bhutanese traditionally eat with their hands, though utensils are always available for visitors. It's perfectly acceptable to use a spoon and fork.
- **Finishing Your Plate:** Leaving food on your plate may be seen as wasteful. Take modest portions and ask for more if hungry.

**Cultural Note:** Saying "Meshu meshu" (I've had enough) while covering your bowl prevents endless refills!

## Spice Levels & Adjustments

Bhutanese food is genuinely spicy - chili is treated as a vegetable, not a condiment. Here's how to navigate the heat.

- **Hotel Restaurants:** Most tourist hotels prepare milder versions of traditional dishes. Simply inform your guide or server of your spice preference.
- **Local Restaurants:** Authentic eateries cook for Bhutanese palates. Ask for "kam chili" (less chili) when ordering. Start with Kewa Datshi (potato) before trying Ema Datshi (pure chili).
- **Cooling Agents:** Red rice, butter tea, and cheese help neutralize spice. Drink plenty of water but avoid gulping - it spreads the burn.
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**Building Tolerance:** If you're staying longer, gradually increase spice levels. Your palate will adjust within days.

**Warning:** Bhutanese "mild" is still spicy by international standards. When in doubt, err on the side of caution!

## Vegetarian & Dietary Restrictions

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While traditional cuisine centers on meat, Bhutan offers excellent options for vegetarians and those with dietary restrictions.

- **Vegetarian Dishes:** Ema Datshi, Kewa Datshi, Shamu Datshi, vegetable momos, and various curries are naturally vegetarian. Buddhist influences mean many locals eat vegetarian on specific days.
- **Vegan Options:** More challenging as cheese and butter are staples. Inform your operator well in advance. Red rice with vegetable curries and stir-fried greens are reliable options.
- **Gluten-Free:** Rice-based dishes are naturally gluten-free. Avoid momos (wheat wrappers) and some noodle dishes. Buckwheat (gluten-free) is common in Bumthang.
- **Allergies:** Communicate allergies clearly to your guide who will relay to restaurants. Peanuts, dairy, and MSG are common in cooking.

**Tip:** Write your dietary restrictions on a card in Dzongkha - your guide can help prepare this.

## Regional Cuisine Variations

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Bhutan's cuisine varies significantly by region, reflecting local ingredients and cultural influences.

- **Western Bhutan (Paro, Thimphu):** Most tourist-friendly with diverse options. Ema Datshi is king. Phaksha Paa (pork with dried chilies) is a regional favorite.
- **Central Bhutan (Bumthang):** Famous for buckwheat dishes including Khuli (pancakes) and Puta (noodles). Try locally produced cheese, honey, and the distinctive Bumthang beer.
- **Eastern Bhutan:** Influenced by neighboring cultures. Zaow (puffed rice) is a common snack. Dried meat and fish are more prevalent. Expect spicier preparations.
- **Haa Valley:** Known for Hoentay - special buckwheat dumplings filled with local cheese and spinach. A must-try if visiting the region.

**Foodie Tip:** Ask your guide about regional specialties as you travel - some dishes are only found in specific valleys.

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## Beverages: Traditional & Modern

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Beyond butter tea, Bhutan offers a range of traditional and modern beverages to complement your meals.

- **Ara:** Traditional rice wine distilled in homes across Bhutan. Clear or sometimes mixed with eggs and butter, it ranges from smooth to quite potent. Often offered in farmstays.
- **Bangchang:** A milder fermented rice beverage, similar to sake. More common in eastern regions and less alcoholic than Ara.
- **Local Beer:** Druk 11000 and Red Panda are popular Bhutanese beers. Bumthang's craft brewery produces excellent wheat beer and apple cider.
- **Tea Varieties:** Beyond Suja (butter tea), Ngaja (sweet milk tea) is widely enjoyed. Herbal teas made from local plants are available at hotels.

**Note:** Bhutan has strict alcohol regulations. Don't buy alcohol on "dry days" (religious holidays) and respect local customs around drinking.

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## Street Food & Markets

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Experience authentic flavors and local life at Bhutan's markets and street food spots.

- **Centenary Farmers Market (Thimphu):** The country's largest weekend market. Sample fresh produce, dried meats, local cheese, and prepared snacks. Best visited Saturday-Sunday mornings.
- **Street Momos:** Small vendors near markets and bus stations serve freshly steamed momos with fiery ezy sauce. Affordable and delicious.
- **Doma (Betel Nut):** You'll see locals chewing this mild stimulant wrapped in betel leaf with lime. While cultural, most visitors find it too harsh to enjoy.
- **Seasonal Delights:** Look for fresh mushrooms in monsoon, dried meat in winter, and orchard fruits in autumn. Markets reflect the seasons.

**Tip:** Your guide can help navigate markets and translate. Try to visit early morning for the freshest produce and best photo opportunities.

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## Food Experiences & Activities

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Go beyond restaurant dining with immersive culinary experiences that connect you to Bhutanese culture.

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**Cooking Classes:** Learn to make Ema Datshi, momos, or traditional snacks. Many hotels in Paro and Thimphu offer half-day cooking experiences with market visits.

- **Farmstay Meals:** Dine with a local family in their traditional home. Watch cooking on wood-fired stoves and share stories over homemade Ara. Highly recommended.
- **Cheese & Dairy Visits:** Visit the Swiss-established cheese factory in Bumthang to see how European-style cheese is produced at altitude.
- **Hot Stone Bath Picnic:** Combine a traditional Dotsho bath with a picnic lunch by the riverside - many operators can arrange this unique experience.

**Foodie Must-Do:** Request a picnic lunch at a scenic location - your guide can arrange fresh momos and local dishes with mountain views.

## Food Safety & Hygiene

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Bhutan has good food safety standards, but travelers should still take basic precautions.

- **Water:** Drink only bottled or purified water. Hotels provide safe drinking water. Avoid ice unless at reputable establishments.
- **Restaurant Standards:** Tourist restaurants maintain good hygiene. Street food is generally safe, but observe cleanliness before ordering.
- **Altitude Effects:** High altitude can affect digestion. Eat lighter meals on arrival days and avoid overly rich foods while acclimatizing.
- **"Himalayan Belly":** Spicy food can upset sensitive stomachs. Carry antacids and digestive aids. Start with milder dishes and gradually increase spice exposure.

**Tip:** Pack probiotics to maintain gut health. If you experience issues, plain rice and boiled vegetables are readily available.

## Where to Eat: Restaurant Guide

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From fine dining to local eateries, here's where to find the best meals across Bhutan.

- **Hotel Restaurants:** Most visitors eat at their hotel as meals are included. Quality varies from basic to excellent. Five-star properties offer both Bhutanese and international cuisine.
- **Thimphu Dining:** The capital has the most variety - from upscale restaurants like Bukhari to local favorites like the Ambient Café. Your guide can recommend options based on your preferences.

- **Paro Options:** Restaurants near Tiger's Nest serve good lunches. The Zhiwa Ling and Uma hotels have excellent restaurants open to non-guests.
- **Off the Beaten Path:** In remote areas, meals are often prepared by your guide/cook or at basic guesthouses. Expect simpler but authentic fare.

**Budget Note:** Meals are typically included in tour packages. Extra dining and beverages are usually paid separately.

## Frequently Asked Questions

### Is Bhutanese food very spicy?

Yes, Bhutanese cuisine is genuinely spicy - chili is treated as a vegetable, not a condiment. However, tourist restaurants prepare milder versions, and you can request "kam chili" (less chili). Start with potato-based dishes before trying the fiery Ema Datshi.

### Can vegetarians eat well in Bhutan?

Absolutely! Many traditional dishes like Ema Datshi, Kewa Datshi, and Shamu Datshi are vegetarian. Vegetable momos and rice dishes are widely available. Inform your tour operator in advance for the best experience.

### What is Ema Datshi?

Ema Datshi is Bhutan's national dish - green or red chilies cooked in a rich cheese sauce, served with red rice. Variations include Kewa Datshi (potato and cheese) and Shamu Datshi (mushroom and cheese).

### Is the tap water safe to drink?

No, visitors should only drink bottled or purified water. Hotels provide safe drinking water. Avoid ice in drinks unless at reputable establishments. Carry a reusable bottle and refill at hotels.

### What is butter tea and should I try it?

Suja (butter tea) is made with tea leaves, yak butter, and salt - savory rather than sweet. It's an acquired taste but provides energy at altitude. Accept a sip when offered by locals as it's polite; try Ngaja (sweet milk tea) if you prefer.

### Are meals included in Bhutan tour packages?

Yes, most tour packages include all meals (breakfast, lunch, and dinner) at hotels and restaurants. Alcoholic beverages, specialty coffees, and dining outside your itinerary are typically extra costs.

## Need More Information?

Contact our Bhutan travel experts for personalized advice.

