

Clearspring

Authentic & Organic
Fine Foods



Matcha: Japan's original superfood

What is Matcha?

Matcha is a finely milled vibrant green tea powder made from the highest quality Japanese tea leaves. Clearspring organic Matcha comes from Uji, a region high in the hills around Kyoto, renowned for producing the best Japanese teas. Only accessible by foot, this remote area is unpolluted and rich in friendly bugs such as spiders, ladybirds, praying mantis and dragonflies to keep the pests under control (best to use organic matcha as non-organic matcha is grown using excessive amounts of agricultural fertilisers and pesticides). Shade grown for the final few months to allow the leaves to fill with chlorophyll, the finest young tea buds are picked, dried and ground in a granite mortar.

History of Matcha

Japanese Matcha has been known for centuries for its energy boosting, mind focusing and metabolism enhancing properties. It has been drunk as part of the tea ceremony for 900 years and used by Buddhist monks to keep them alert and focussed during long days of meditation.





How is Matcha different from Sencha green tea?

- The tea bushes used to produce matcha are grown in the dark for several weeks prior to harvesting. This builds up the chlorophyll in the leaves resulting in the very vivid green colour of matcha.
- While tea leaves used to make sencha are steamed and rolled immediately after harvesting, the leaves used to make matcha (from the first flush called Tencha) are also steamed but not rolled.
- Matcha is a green tea powder where the Tencha leaves are slowly ground in stone mortars for several hours to produce a very fine powder. Sencha consist purely of tea leaves.
- As matcha is a powder which is whisked into hot water or milk you are ingesting the whole leaf so it is much more concentrated in terms of flavour and health benefits than standard green tea where the leaves are simply brewed then discarded.
- Sencha is simple to prepare and served daily in Japanese homes while Matcha tea preparation is more elaborate and often saved for special occasions. It is exclusively used in the famous 'Japanese tea ceremonies'.

Both teas are however known as unfermented green teas, contain caffeine and come from the same tea bush: *Camellia sinensis*.



Traditional Japanese Tea House



Stone Mortars

How to make a cup of Matcha tea:

Traditionally, Matcha is drunk whisked in hot water as a smooth green tea. Take ¼ teaspoon (1g) of Matcha powder and add hot water from a kettle which has not quite boiled to maximise the health benefits. Thoroughly whisk using a traditional wooden whisk or a hand held electric milk frother to avoid lumps of powder in the bottom of your cup.

Traditional Tea Ceremony:

The traditional Japanese tea ceremony dates back 900 years to feudal times. It can take up to 3 hours and is steeped in history, is full of theatre and is incredibly calming. If you would like to make Matcha emulating the essence and spirit of the traditional tea ceremony you can do so in less than 3 minutes but you will need a bowl, a bamboo tea scoop and a bamboo matcha whisk.



1 Preheat the bowl thoroughly with hot water, then empty it and dry carefully with a cloth. Use the bamboo tea scoop to measure 1½ heaped scoops of Matcha powder and place them in the bowl.



2 Pour approximately 50-60ml of hot water into the bowl. Make sure the temperature of the water is approximately 70-80°C, not boiling.



3 Take the bamboo whisk in one hand and hold the rim of the Matcha bowl with the other. Whisk the Matcha briskly in a 'W' motion using your wrist (not your arm).



4 When a thick froth with many tiny bubbles has developed on the surface, slowly lift the bamboo whisk from the centre of the bowl.



5 Add more water according to your taste and savour the deliciously smooth flavour of Matcha.

Different grades of Matcha

Growing conditions, time of harvest and processing techniques all have a direct effect on the grade and final flavour of the matcha. Ceremonial matcha, produced from the first flush, tastes smooth, grassy and almost slightly sweet, while lower grades from subsequent pickings are more bitter with a stronger flavour, making them ideal for use as cooking ingredients.

Mix & Matcha: Serving suggestions

As well as being delicious and good for you, it is also very versatile. In fact Matcha powder can be added to almost anything!



Vanilla Matcha Latte

Mix 1g of Matcha powder with a little bit of cold water in a cup then add to hot vanilla soya milk while whisking thoroughly. Alternatively use vanilla rice or almond milk.



Matcha Smoothie

One of the most popular ways of preparing matcha is as an iced smoothie. Just combine the following ingredients in a blender and enjoy:

- 200ml of soya / rice or almond milk
- 1 tbs. of Clearspring malt syrup
- 1 tsp. of Clearspring Matcha powder
- 1 banana (can substitute with other fresh or frozen fruit)
- Ice cubes

For more recipe ideas please visit our website

Matcha Martini



Matcha Tiramisu



Matcha Ice Cream





Tip: once opened reseal and store in the refrigerator for freshness and to maximise health benefits.



For more information visit:
www.clearspring.co.uk

 Like us on Facebook:
Clearspring Organic

 Follow us on Twitter:
@ClearspringFood

 Find us on Pinterest:
Clearspring Organic

