



I K K Y U

# AYAME

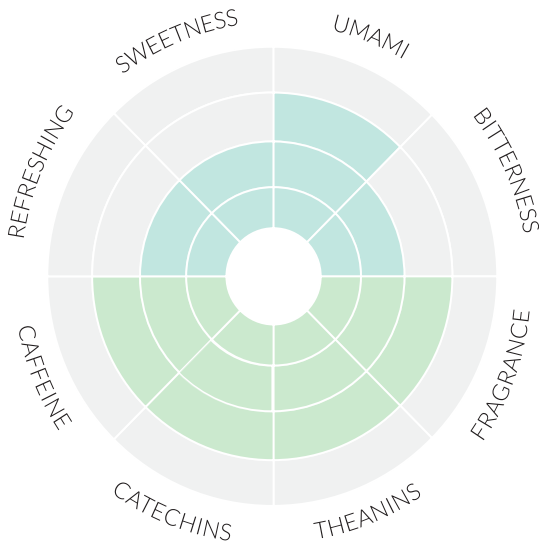
## *Premium Matcha*

The vivid emerald green of this rare super premium matcha will leave you with an unforgettable impression.

Made from the best leaves plucked during the first harvest of the month, the delicious fragrance of AYAME will make your mouth water. On your tongue, its round umami and low bitterness with a perfect balance will make this matcha from Yame one of your new favorites.

Packed with high caffeine, catechins and theanins, AYAME is the perfect energy boost you need to kick off the day or before training.

### TASTING NOTES



**Shelf life unopened**  
1 year



**Shelf life opened**  
6 weeks

# AYAME

## Premium Matcha

BY MIZOTA CHISAKO



### PRODUCTION AREA

The most renowned plantations in Fukuoka prefecture are located in Yame area. Morning mists and river fogs are very frequent. Curtains of fog wrap green tea plantations, properly blocking sunlight.

### RECOMMENDED PREPARATION

Matcha is prepared in a very different way compared to the other kinds of Japanese tea. Along with a measuring cup and thermometer, you will need the following utensils: a matcha bowl (Chawan), a bamboo matcha whisk (Chasen), and a bamboo matcha scoop (Chashaku).



Preheat the matcha bowl by filling it about 1/3 full with hot water. Then place the whisk facing down into the hot water to wet the tips of the prongs (only).



Empty out the water and dry the bowl out preferably with a cloth. Set the whisk aside. Measure out **70ml for making thin matcha**, or **40ml for a thick matcha** into a measuring cup and leave it to cool. Use the scoop to measure the matcha powder, about **2 scoops for a thin matcha** or **3-4 scoops for a thick matcha** and place it into the bowl.



Sifting the matcha prior to measuring out the matcha is highly advisable to remove any clumps of powder.



Once the water drops to **70°C - 80°C**, pour it into the matcha bowl. Take the whisk in one hand and hold the rim of the matcha bowl with your other hand.



For thin matcha, whisk the matcha briskly in a **W motion** until the matcha has a thick froth with many tiny bubbles on the surface. For thick matcha, the idea is to avoid making a frothy consistency. The resulting tea should be reasonably thick, smooth and without froth.

