

A book about homemade recipes using the amazing matcha & green tea that every American can enjoy.

The recipes in this wonderful cook book by **Kei Nishida** highlight the uses of matcha and green tea as main ingredients. It educates and informs readers on the essence and importance of green tea to health and our overall well-being. Readers gain basic knowledge needed about brewing tea, modernized varieties of green tea beverages such as smoothies and cocktails and pastries such as bread, cakes and making of sweets.

The book also has over 200 clear images of most of the ingredients and food mentioned so that readers can get a vivid visualization and step-by-step guide on all the recipes given.



**Kei Nishida** is a Japanese green tea enthusiast, a writer, and the founder and CEO of Japanese Green Tea Company. He has a clear-cut vision and a strong passion for introducing Americans to the green tea from his homeland and this became the catalyst for founding the sole company that exports high quality tea from the Arahatean green tea farms to the rest of the world.



COOK with MATCHA & GREEN TEA

Kei Nishida

Ultimate Guide & Recipes for Brewing and Cooking with Matcha & Green Tea

Healthy Bread, Cakes, Smoothie, Cocktail & Bubble Tea

A glass of matcha drink topped with whipped cream and a green and white striped straw, garnished with a fresh mint leaf.

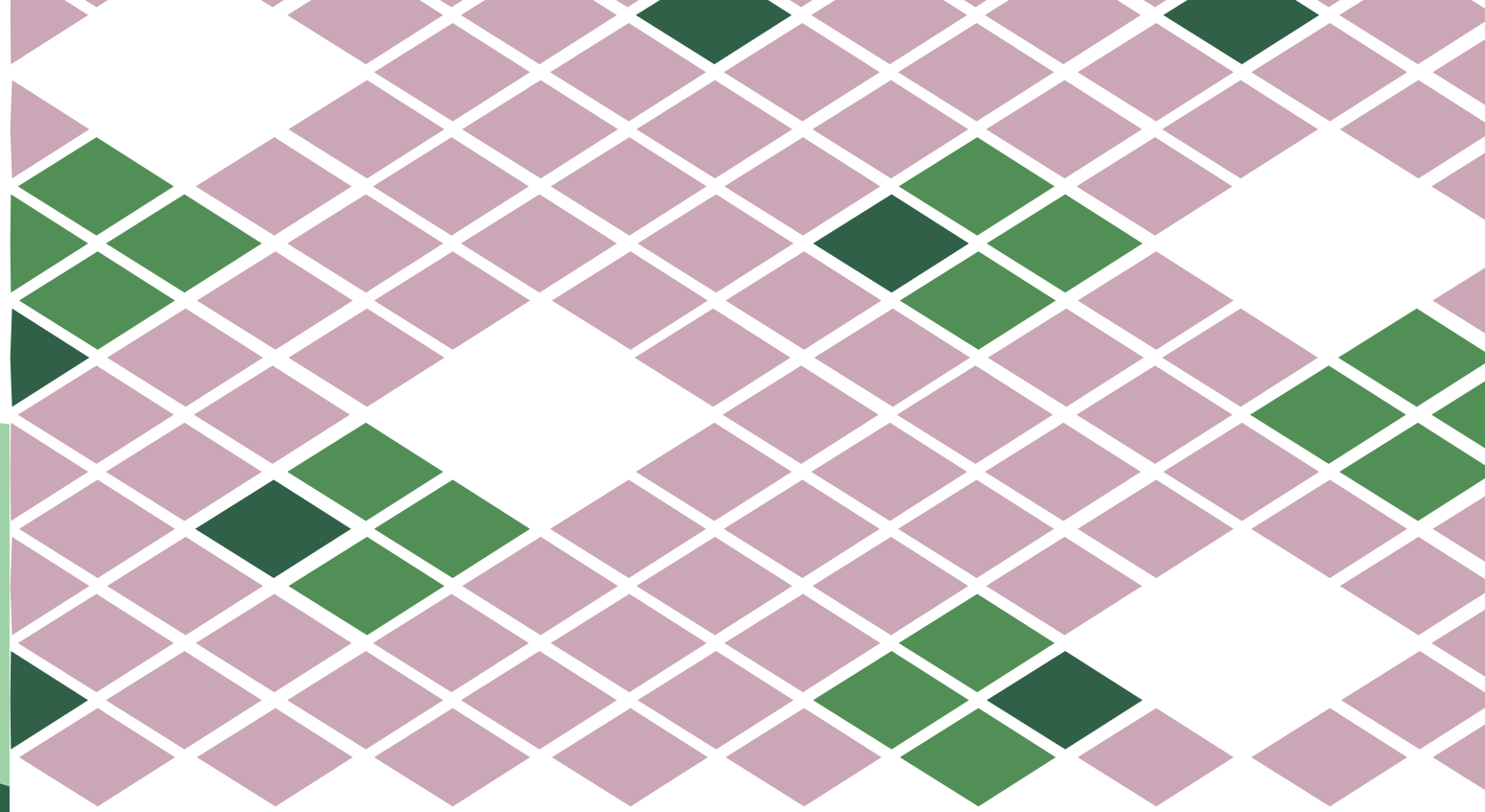
# COOK

with

# MATCHA & GREEN TEA

Kei Nishida

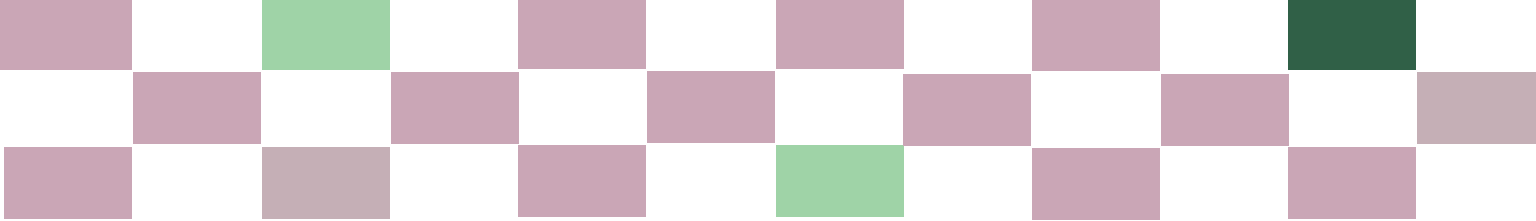
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## DEDICATION

TO MY LOVELY WIFE MIKI





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## ACKNOWLEDGMENTS



I would like to thank Mr. Jurgen Link and Mr. Wesley Dameron for mentoring through SCORE and guiding me to navigate through crowded world.

## -INTRODUCTION-



Since I started Japanese Green Tea Company, I have had occasions where I get to interact with many tea specialists and tea lovers.

In such occasions, often times, I have been asked for recommendations of recipe book using matcha and green tea.

There are many books out there which explain traditional tea and tea ceremonies, but often, people are simply looking for a way to enjoy matcha at home on their own kitchen.

My goal of this book was simple.

I WANTED TO CREATE A  
RECIPE BOOK SO THAT EVERY  
AMERICAN CAN ENJOY GREEN  
TEA & MATCHA AT HOME.

I decided to segment this book into three sections:

1. Basics of how to brew Japanese green tea
2. The variety of modern green tea drinks such as smoothies and cocktail recipes.
3. Cooking with green tea, including recipe such as green tea bread, sweets, and cakes

I collaborated with professional chefs and tea industry experts to make this book available so that everyone can enjoy Japanese tea in the 21st century American home.

Japanese green tea is one of the healthiest beverages in the world.

I hope you get to enjoy these great recipes in the comfort of your own home and become healthy at the same time.



KEI NISHIDA  
Author, CEO, Japanese  
Green Tea Company

# SECTION 1

## THE BASIC MAKING YOUR TEA TASTES BETTER



# 01 How to Brew Tasty Japanese Green Tea

Japanese green tea can be brewed in different ways. In this chapter, we will go over the Simple Way and the Advanced Way for brewing tasty green tea. The Simple way is how most Japanese consume green tea every day; the Advanced Way is what is being followed by professional green tea producers who recommend the best approach for brewing

the most tasty Japanese green tea.

We recommend that you start with the Simple way to enjoy the approach for the Advance Way. after trying out +simple ways to appreciate the difference in taste and aroma that it brings.

## HOW TO BREW TASTY JAPANESE GREEN TEA - THE SIMPLE WAY

No special equipment like a teapot is needed for this method. You can use any mesh strainer to filter the green tea.

1. Dissolve two teaspoons of powder into 8 Oz of hot water. We recommend about 175°F for most common green tea.
2. Wait for 60-120 seconds
3. Filter out the green tea leaves using a mesh strainer and serve hot.



## 1. SELECTING THE RIGHT TEAPOT

This approach requires a Japanese Teapot. There are different types of teapots, but for our green tea which is deep steamed green tea (Fukamushi-cha), we recommend Fukamushi teapot which is explicitly made for Deep Steam Green Tea. Characteristic of Fukamushi teapot is that it has a more beautiful mesh to be able to capture finer tea leaves as Fukamushi tea usually contains finer

tea leaves than other types of green tea

The picture shown is 12Oz Fukamushi Teapot.

If you do not have access to Fukamushi Teapot, you can use any type of teapots, but try to find ones with finer mesh.



## 2. SELECTING AND BOILING WATER THE RIGHT WAY

Water is essential when brewing green tea. It is best to use soft water with less mineral to get the best result. Hard water with mineral breaks down elements in green tea which breaks the taste.

If you have any access to water softener filtering system, use them. If using bottled water, do not use the ones

with "Added Mineral." Evian tends to be recommended ones as they are known for soft water.

Boil water until 212°F for 4-5 minutes and cool down to 175°F. By boiling water first, it removes the smell of chloride. This approach in Japanese is called "yuzamashi" which translates to "cooled-down" water.



## 3. PUT GREEN TEA

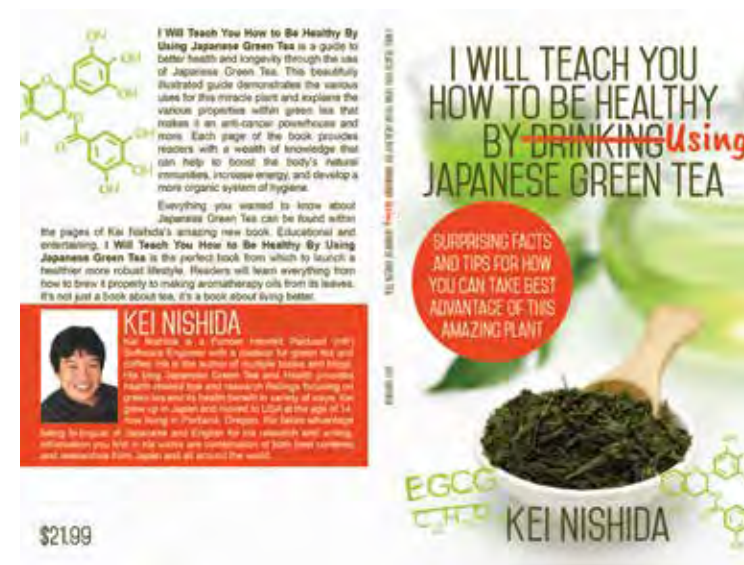
Add a spoon of deep-steamed green tea leaves into the teapot. (1-2 teaspoon is good for 2~3 people, approximately one teaspoon is good for one person)

Please add the number of tea leaves according to your favor and the teapot in use.

# KEI NISHIDA'S BOOKS



## I WILL TEACH YOU HOW TO BE HEALTHY BY DRINKING USING JAPANESE GREEN TEA



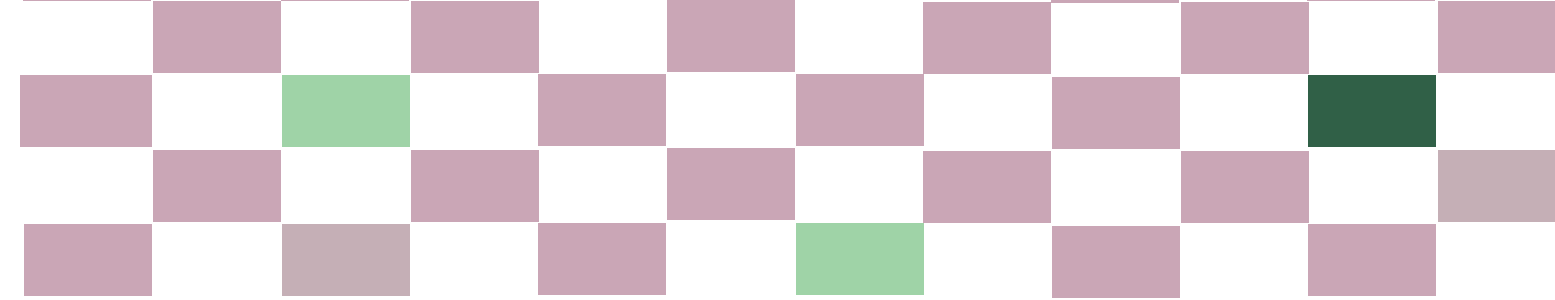
Paperback: 120 pages  
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Shipping Weight: 7.8 ounces

I Will Teach You How to Be Healthy By Using Japanese Green Tea is a guide to better health and longevity through the use of Japanese Green Tea. This beautifully illustrated guide demonstrates the various uses for this miracle plant and explains the various properties within green tea that makes it an anti-cancer powerhouse and more. Each page of the book provides readers with a wealth of knowledge that can help to boost the body's natural immunities, increase energy, and develop a more

organic system of hygiene. Everything you wanted to know about Japanese Green Tea can be found within the pages of Kei Nishida's amazing new book. Educational and entertaining, I Will Teach You How to Be Healthy By Using Japanese Green Tea is the perfect book from which to launch a healthier more robust lifestyle. Readers will learn everything from how to brew it properly to making aromatherapy oils from its leaves. It's not just a book about tea, it's a book about living better.



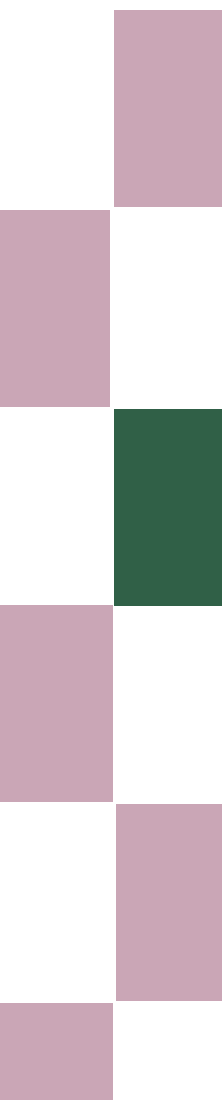
GREEN TEA MANIA :  
250+ GREEN TEA FACTS,  
COOKING AND BREWING  
TIPS & TRIVIA YOU  
(PROBABLY) DIDN'T KNOW



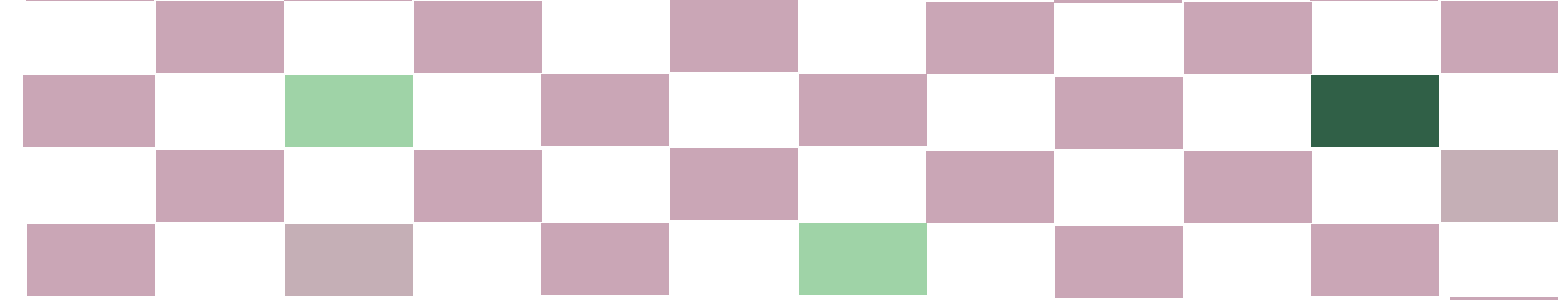
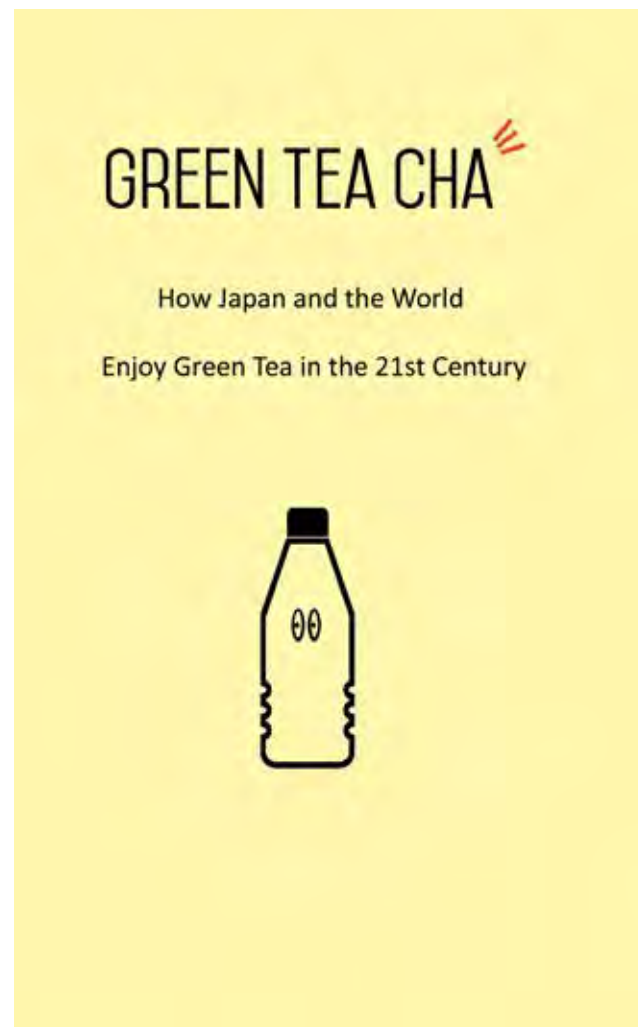
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Language: English  
ISBN-10: 1544093322  
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Green Tea Mania is a must have book for trivia lovers and fans of green tea. This is author Kei Nishida's second book on green tea following up his earlier work, I Will Teach You to Be Healthy Using Japanese Green Tea. Green Tea Mania delivers 200+ facts and an array of delightful pictures in its 120 pages. This full color trivia tome helps paint a picture on not only the health properties of this magical leaf, but also its history and cultivation. Did you know that Black Tea, Oolong Tea, and Green Tea come from the

same plant or that their labels really just describe where the leaf was left off in the fermentation process? Learn about the unusual uses for Green tea such as "Green Tea Beer" or cake. Find out how to get more of the antioxidant Catechin out of tea by adding one simple ingredient. These facts and hundreds more are all contained inside this beautiful guide to Green Tea. This book is a must-have for the health conscious or Green Tea enthusiast.



# GREEN TEA CHA : HOW JAPAN AND THE WORLD ENJOY GREEN TEA IN THE 21ST CENTURY



Paperback: 152 pages  
Language: English  
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ISBN-13: 978-1546704416  
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0.4 x 8.5 inches  
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Kei Nishida is back with his latest book on the subject of Green Tea, Green Tea Cha, How Japan and the world Enjoys Green Tea in the 21st Century. In this 143 page book Tokyo native Nishida covers the changing use and appreciation for tea in the 21st Century. He brings together a collection of facts and observances that allows the reader to peer into the cultural mindset of those who enjoy Green Tea. He begins by explaining how tea is enjoyed in Japan today and the merger of traditional Japanese culture with that of the jihanki (vending machines)

and ends with a discussion of Green Tea Beverages that “you’ve never heard of before but are drop dead delicious.” Each chapter brings together a plethora of information about the uses of Green Tea in his pleasant, informative style, encouraging the reader to seek out these drinks and dishes for themselves. By the end of the book readers will not only have a list of “must try” drinks and dishes but also an appreciation for this powerful, tasty antioxidant.

Bread, Cakes, Smoothie, Cocktail,  
Bubble Tea Recipes and How-to brew  
Matcha & Japanese Green Tea



COOK  
with  
MATCHA &  
GREEN TEA

Kei Nishida

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