

JAS-eTea Guide to Matcha (Powdered Green Tea)

A Simple Wake-up Cup

Follow this simple recipe and you may never go back to that cup of coffee in the morning!

- Pre-warm tea bowl with hot water.
- Place 2/3rd tsp matcha in the bowl.
- Heat water to around 180°F.
- Gently pour the water into the bowl.
- Whisk to make a frothy concoction.



Hot Matcha Latté

An easy alternative to hot cocoa and coffee, and chock full of matcha goodness.

- Bring 3/4 cup milk (or substitute) to a simmer over medium-high heat in small saucepan.
- Boil 1/4 cup water.
- Put 1 tsp matcha into mug.
- Slowly whisk in water, then milk.
- Sweeten as desired.
- For more foam, tip cup slightly while whisking.

Matcha Shortbread Cookies

Matcha is quite flavorful and can be used in a variety of recipes. These shortbread cookies will have your family, friends, and guests smiling with glee at their flavor and when you tell them they are made with healthy matcha!

3/4 cup (2.25 oz.) confectioner's sugar
1 1/2 tbsps matcha green tea powder
5 oz. unsalted butter, room temperature
1 3/4 cup (8.5 oz.) flour
3 large egg yolks
1 cup granulated sugar (to coat the dough)

- Whisk together confectioner's sugar and matcha powder.
- Beat together butter and matcha sugar mixture in a stand mixer (use paddle attachment) until smooth and light.
- Add flour, stir until just combined.
- Mix in egg yolks until dough comes together.
- Roll dough into ball, flatten into thick disc, wrap dough in plastic and refrigerate for 30 minutes or until firm.
- Preheat oven to 350°F.
- Roll out roll dough out to about 1/2-inch thickness with rolling pin.
- Cut shapes out with a small cookie cutter (about 2 inches).
- Roll cut shapes in granulated sugar and place on a parchment-lined baking sheet.
- Bake 12-15 mins. or until golden at edges.
- Makes about 5 dozen 1-inch cookies (probably 3 dozen 2-inch cookies).
- Store in airtight container away from sunlight – color will fade in sun.

About Matcha

Matcha is a bright green powdered tea made from the best tea leaves (veins and stems removed) carefully ground to a fine mesh.

Matcha from Japan is known best, but it originated in China in the 9th century. The tea fell out of favor there for centuries but now production has resumed in China and the nation of Taiwan. The Chinese version is smoother, not bitter, has a rich, fresh green vegetal taste, and is more reasonably priced.



A Healthy Alternative

Matcha contains antioxidants, L-Theanine and GABA that relax you, caffeine that stimulates you, vitamins C, B2, E, calcium, manganese, and phosphorous that help you be your best. Also, saponins help lower blood pressure, fluorine helps prevent cavities, and chlorophyll fights bad odors.

This is meant as basic information only. For more details, see the Tea Information section of our store site: JAS-eTea.com.

Easy Matcha Smoothie

One of the easiest, tastiest, and most common recipes using matcha is the Matcha Smoothie. Here is a typical recipe and some ways you can 'personalize' it.



- 1 teaspoon matcha green tea powder
- 2 teaspoons hot water
- 1 cup skim milk
- 1 ripe banana
- 1 tablespoon honey (optional)
- 3-4 ice cubes

Dissolve matcha powder in hot water, pour into blender, add other ingredients, blend until smooth.

How to 'personalize':

- Sub 1 cup orange juice for hot water
- Sub sugar or agave nectar for honey
- Sub almond, coconut, soy "milk" for skim
- Add vanilla bean or syrup
- Add 1 tsp wheat germ
- Strawberries, blueberries, similar fruits
- Fresh mint leaf or two on top as garnish

About Us

JAS-eTea.com is your friendly online tea store. We share our love of teas with you and appreciate your business, wishing you all good health. We offer:

- over 300 premium teas from China, Taiwan, India, Thailand, and more
- quality teawares and books
- loose leaf & sachet flavored teas
- herbal teas and decaffeinated teas
- chais (spiced tea in the style from India)

Our Mission

To promote the knowledge and awareness of fine teas and meet your expectations of what an exceptional tea vendor should be.

Our Goals

1. Provide the **best service available**. Service is paramount in any business endeavor. If you ever have a concern, please let us know so we can improve.
2. Be your **tea source of first resort**. When you think of tea, we want you to think of JAS-eTea.com!
3. Keep **improving our selection** of products. If we don't have the tea you are looking for, let us know. We will do our best to acquire that tea for you.

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www.JAS-eTea.com
sales@jas-etea.com

Purveyors of Fine Teas

Your Guide to *Fine Chinese Matcha* (Powdered Green Tea)



and Matcha Recipes

