

DŌMATCHA®

AN ANCIENT JAPANESE GREEN TEA

DŌMATCHA® RECIPE BOOK





DŌMATCHA® – THE AUTHENTIC JAPANESE GREEN TEA

Dō (pronounced 'doh') is the Japanese symbol for 'way' or 'journey'. DōMatcha® means 'The way of powdered tea' or the 'Way of Matcha'. Discovering the way of Matcha is a journey well worth taking; a journey that brings people together in celebration of health and the simple beauty of life.

We invite you to share in our journey and discover DōMatcha®!

COOKING WITH DŌMATCHA®

4

Though traditionally consumed as a drink, the Japanese have been using matcha in contemporary cuisine for a long time, adding the jade green powder to everything from pastries to ice cream. As matcha gains exposure in the west, chefs have embraced matcha with enthusiasm. Its powdered form and rich earthy flavor make matcha a popular addition to both sweet and savory dishes. Here, the contributors to the DōMatcha® recipe book share their specialty matcha-enhanced dishes.

TABLE OF CONTENTS



06

ENTRÉES

- Green Tea Sushi Rolls (V) (GF)
- Homespun Matcha Egg Noodles
- Shrimp & Basil Wraps with Matcha Mayo
- Goat Cheese Salad with Orange Slices & Matcha Dressing (GF)
- Matcha Profiteroles with White Miso Salmon & Matcha Hollandaise

14

SNACKS

- Toasted Sesame & Matcha Crispy Rice Treats (GF)
- “Triple Green” Reduced Fat Guacamole (V) (GF)
- Matcha & Sea Salt Popcorn (V) (GF)
- Coco-Matcha Granola (V)



20

SWEET TREATS

- White Chocolate Stuffed Matcha Crêpes with English Custard
- Matcha Caramel Sauce (GF)
- Matcha Kissed Pear Merlot Cream Pops (GF)
- Matcha Ice Cream (GF)
- Matcha Black Bean Brownies (V) (GF)
- Matcha Dusted Dark Chocolate Truffles with Manuka Honey (GF)



30

BEVERAGES

- Matcha-Infused White Hot Chocolate Pops (GF)
- Jade Lemonade (V) (GF)
- Matcha Berry Protein Smoothie (V) (GF)
- Matcha Chai (V) (GF)
- Matcha Almond Milk Frappe (V) (GF)
- Iced Coconut Matcha (V) (GF)
- Matcha Mojito (V) (GF)
- Matcha-Tini



40

DŌMATCHA® DETAILS

- Contributors
- History
- Contact / Follow Us

(GF) Gluten Free

(V) Vegan

ENTREÉS







Green Tea Sushi Rolls

Pack these rolls for a quick lunchtime picnic at the park or serve with miso soup and DōMatcha® Genmaicha Green Tea for a healthy midday meal.

Serves 2

2 cups short grain white rice or sushi rice

2 1/4 cups water

1/2 cup sushi seasoning liquid

2 teaspoons DōMatcha®

Sushi mat

Nori seaweed wraps (optional)

1. Combine rice and water in a rice cooker, or if you do not have a rice cooker, follow the stove-top instructions on the rice package.

2. While the rice is cooking, whisk together sushi seasoning liquid and DōMatcha® ; add more matcha for flavor if desired.

3. Pour the mixture over the warm rice and gently toss until rice is an even pale green color.

4. Spread rice on the mat and top it with whatever you choose: avocado, carrot, cucumber, tofu, yam and more! Roll the rice into a log shape, then dip it in black and white sesame seeds.

If you do not have a sushi mat, you can also put the rice and toppings directly onto a nori seaweed wrap, and roll it so that the nori is on the outside of the log. Serve with pickled ginger and wasabi if desired.

Homespun Matcha Egg Noodles

Nothing beats homemade egg noodles – except homemade egg noodles with matcha! Try this pasta with a light sauce that allows you to savor the flavor of the matcha-infused noodles.

Serves 2 – 4

2 1/3 cups all-purpose flour
1 1/2 tablespoons DōMatcha®
1/2 teaspoon salt
2 beaten eggs
1/2 teaspoon sesame oil
1/3 cup water
1 1/2 teaspoon olive oil



1. In a large mixing bowl stir together two cups of the flour, DōMatcha® and salt. Make a small well in the center.
2. In a small mixing bowl, combine the eggs, sesame oil, water and olive oil. Add the egg mixture into the center of the flour mixture; stir well to combine.
3. Sprinkle a cleaned countertop with some of the remaining flour. Turn the noodle dough onto the flour. Knead for about 10 minutes until smooth.
4. Take 1/4 of the dough and roll on a lightly floured surface into a small disc. Using a pasta machine, pass the dough portion through the machine until it is 1/16 inch thick.
5. Repeat with remaining dough and cut into fettuccine or noodle of choice. Hang the pasta on a pasta-drying rack for at least 12 hours.



Shrimp & Basil Wraps with Matcha Mayo

As a powder, matcha mixes great with just about anything. This matcha mayo recipe is the pinnacle of creativity – and flavor!

Serves 4

- 4 X 8-inch spinach tortillas
- 2 cups cooked baby shrimp (*Vegan substitute: seasoned seared tofu*)
- 1 tablespoon finely minced shallot
- 1 clove garlic finely minced
- 1 tablespoon packed chopped basil
- 1/2 cup mayonnaise (*Vegan substitute: pesto, hummus, or mashed avocado!*)
- 1 tablespoon lime juice
- 1 teaspoon DōMatcha®
- Salt and pepper to taste
- 1 cup fresh whole basil leaves

1. Keep tortillas warm in low oven until ready to use.

2. In a mixing bowl combine the shrimp, shallot, garlic, chopped basil, mayonnaise, lime juice, DōMatcha®, salt and pepper. Mix well.

3. Line each warm tortilla with whole basil leaves and an equal portion of the shrimp or tofu mixture.

Roll up tortillas and serve right away!

Goat Cheese Salad with Orange Slices & Matcha Dressing

This mouth-watering matcha salad dressing has a clean, bright flavor, which won an About.com matcha recipe contest. It tastes like a winner to us!

Serves 2

1 teaspoon DōMatcha®
1 teaspoon grapeseed oil
2 teaspoons agave (or honey)
1 pinch of sea salt
1 teaspoon hot water
1 cup mixed greens
1 orange
(half to be sliced for salad and other half for
1 teaspoon of juice)
2 tablespoons goat cheese (*Vegan substitute:
soy cheese or roasted cashews*)

1. Add one teaspoon of DōMatcha® to a small bowl or cup and mix with one teaspoon of hot water to make a paste.
2. Mix in grapeseed oil and agave. Slice the orange in half and squeeze a teaspoon of the juice into the matcha dressing. Add pinch of sea salt.
3. Stir matcha dressing to combine all flavors. Add mixed greens to a small bowl.

4. Peel the remaining half of the orange, cut into small slices and place over greens.
5. Break goat cheese into small dabs and place over greens.
6. Pour matcha dressing over greens, orange slices and goat cheese. Enjoy!

Matcha Profiteroles with White Miso Salmon & Matcha Hollandaise

This matcha recipe was contributed by French chef Gérard Jeantet. As a nutritionist as well as pastry chef, Gérard strikes a sophisticated balance of flavors in this profiterole recipe.

Serves 2-3

Profiterole (Cream Puff)

2 1/8 cup water (500 grams)
2 cups flour (250 grams)
1 stick of unsalted butter (125 grams)
8 eggs
½ teaspoon DōMatcha® (1.5 grams)

1. Boil the water and butter together. Add the DōMatcha® and stir for one minute. Remove from the heat and add the sifted flour; mix it in, then return to the stove on medium heat until the dough forms a ball and no longer sticks to the sides of the pot.

2. Remove from the stove and transfer to a mixer. Stir in the eggs one at the time until well mixed. On a pastry tray lined with parchment paper, form the cream puffs (profiteroles) into two inch balls, leaving plenty of space around each one since the puffs expand to twice their size once baked. Put them in the oven at 375°F for 20-25 minutes. They should be golden brown and dry on the outside but moist on the inside.

Matcha Hollandaise Salad Dressing

2 egg yolks

Water

1 stick of unsalted butter

Matcha, salt and white ground pepper to taste



1. Clarify the butter by melting it in a pot on low heat. Use a ladle to skim the foam and milk solids from the butter, leaving behind the clear, yellow liquid parts of the butter.
2. In a double boiler, or by holding a bowl over a pan of slowly simmering water, whip the egg yolks until it develops the consistency of semi-firm whip cream. Do not let the mixture get too thick, or it will scramble. Remove from the heat, and add the clarified butter in slowly while whisking constant, gentle manner. Season at the end.

Stuffing

6 ounces deboned salmon

1 teaspoon white miso, or to taste

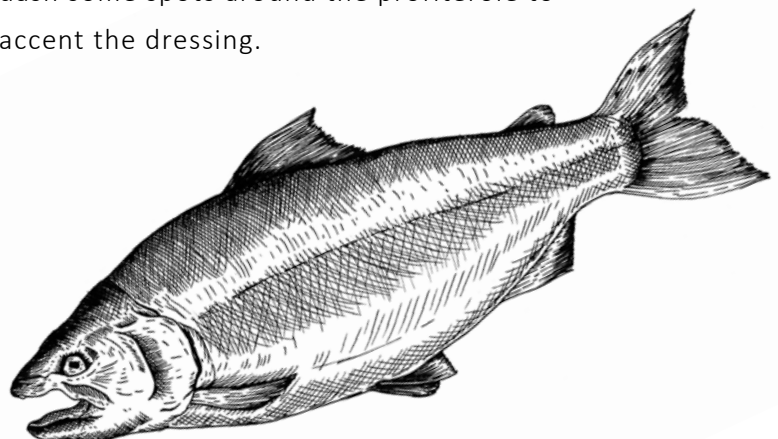
1 stalk of green onion, sliced fine, or to taste

1 teaspoon fresh ginger julienne, or to taste

Mixed greens

Salt and white ground pepper to taste

1. Season the salmon and cut it in half. Spread the fish with white miso and marinate overnight in the fridge covered. Lightly sear the fish in a frying pan, then bake it in oven at 375°F for no more than 10 minutes, leaving the center a bit soft.
2. Mix the green salad with Matcha Hollandaise Salad Dressing, until the salad is just lightly covered. Slice the profiterole horizontally, 1/3 of the way from the top. Stuff it with a bed of the mixed greens and hollandaise sauce. Place the salmon on top, and add a pinch of fresh ginger and green onion – just enough for flavour, but not so much that it will overpower the flavour of the fish.
3. Insert the top of the profiterole perpendicularly, to make it look like an open box with the salmon peeking out. Arrange a small bed of mixed greens, and place the profiterole in the center; drizzle hollandaise sauce on top. Use some matcha green tea to dash some spots around the profiterole to accent the dressing.



SNACKS







Toasted Sesame & Matcha Crispy Rice Treats

This modern twist on an old favorite is popular with both kids and adults.

Makes 20 Servings

2 tablespoons salted butter (*Vegan substitute: margarine or coconut oil*)

1 tablespoon DōMatcha®

45 large marshmallows

5 cups crispy rice cereal

1/2 cup toasted sesame seeds

1. Melt butter in a large pan over medium-low heat. Once melted, stir in DōMatcha®.
2. Add in marshmallows and stir until melted.
3. Mix in rice cereal and toasted sesame seeds and gently stir cereal until evenly coated with melted marshmallow.
4. Transfer mixture to a 13x9-inch pan that has been lightly coated with cooking spray.
5. Allow to cool to room temperature and cut into bars.

"Triple Green"

Reduced Fat Guacamole

This delicious dip blends three greens – edamame soy beans, matcha, and avocado, for a lower calorie snack. Matcha adds rich earthy notes, and toasted sesame oil adds an Asian flair. We think this new classic will be making an appearance at many parties and potlucks!

Serves 6

- 1 medium very ripe avocado-halved, seeded, peeled and diced
- 1 1/2 cups tender-cooked shelled edamame
- 1 tablespoon very finely minced shallot
- 1 clove garlic finely minced
- 1 teaspoon toasted sesame oil
- 1 tablespoon fresh squeezed lemon juice
- 1 fresh jalapeño chili pepper, seeded and finely chopped
- 1 teaspoon DōMatcha®
- Salt and pepper to taste

1. In the work bowl of a food processor fitted with the sharp blade, pulse together the avocado, edamame, shallot and garlic until well combined and smooth.
2. Stir in the sesame oil, lemon juice, jalapeño pepper, and DōMatcha®. Serve with tortilla chips.

Matcha & Sea Salt Popcorn

Skip the butter! Make a date with this healthy and flavorful snack on your next movie night.

Serves 4

1 teaspoon of salt
1 -2 teaspoons DōMatcha®
3 tablespoons vegetable oil
1 cup popcorn kernels
Large paper bag

Matcha Salt:

1. Mix 1 teaspoon of salt and 1 heaping teaspoon DōMatcha® and transfer the mixture to a salt shaker.
4. Shake the pot a bit faster and crack the lid occasionally to allow the steam to escape. Popcorn is ready when you no longer hear the kernels popping.

Popcorn

2. Place a large heavy pot with a lid over medium-high heat. Add oil and about 10 popping corn kernels and cover with a lid.
3. When you hear the kernels start to pop, quickly add the rest of the popcorn and cover. Gently shake the pot back and forth until you hear the kernels start to pop.
5. Transfer popcorn to a large brown paper bag. Shake about 1/4 teaspoon of the DōMatcha® salt over the popcorn, close the bag and gently shake to coat. Repeat process until the desired taste is achieved.





Coco-Matcha Granola

Sprinkle a little coconut and cocoa powder on top for a super coco breakfast!

Serves 4

2 cups rolled oats
1 cup chopped almonds
1 cup coconut
1/2 cup black sesame seeds
1 tablespoon DōMatcha®
2/3 cup raw honey
1 teaspoon sesame oil
2 tablespoons cooking oil

1. In a large mixing bowl combine the rolled oats, almonds, coconut, sesame seeds and DōMatcha®. Stir together the honey, sesame oil and cooking oil, and stir into the oat mixture to coat well.

2. Evenly spread granola mixture on a lightly oiled baking pan. Bake at 350°F for about 30 minutes or until lightly browned, stirring halfway through.

3. Spread baked mixture on parchment paper to cool completely. Break into bite sized pieces and keep tightly sealed for up to two weeks.

SWEET TREATS

20





White Chocolate Stuffed Matcha Crêpes with English Custard

A delicately refined dessert made by French pastry chef Gérard Jeantet. We kept the metric measurements as a tribute to French cuisine, but also included the conversions!

Makes 8 Servings

Crepes

1 cup all-purpose flour
2 eggs
1/2 cup milk
1/2 cup water
1/4 teaspoon salt
2 tablespoons melted butter
1/2 teaspoon DōMatcha®

1. To cook, heat a frying pan on medium. Pour ¼ cup batter in the center of the pan. Tilt the pan until it is covered evenly, and cook for 1-2 minutes. Flip and cook the other side.

Matcha White Chocolate

8 grams of gelatin leaf, or 1 packet powdered gelatin (1/4 ounce). *For a vegan substitute, use agar-agar instead at the same proportions.*

1 vanilla pod

10 ounces whole milk or 2% (275 grams)

12 ounces white chocolate chips, or chopped white chocolate (350 grams)

1 1/2 cups heavy cream (35% cream, 375 grams)

1/2 teaspoon DōMatcha®

- 1.** Boil the milk with vanilla pod. Pour milk into a separate pot with the white chocolate.
- 2.** Soften the gelatin in iced cold water, squeeze out the water and add to the pot.
- 3.** Melt the chocolate mixture on the stove. Mix with a spatula until it is the smooth consistency of a ganache. Remove from the heat.
- 4.** In a separate bowl, whip the cream until it forms soft peaks.
- 5.** At room temperature, add the whipped cream into the chocolate with a spatula. Separate 1/3 of the mixture and mix the DōMatcha® into this portion of the chocolate.

23

English Custard

2 cups heavy cream (35% butterfat, 500 ml)

1/2 cup sugar (100 grams)

1 vanilla bean

4 egg yolks

- 1.** Split the vanilla bean in half and scrape off the seeds into the cream. Add the halves of the vanilla bean into the cream and bring to a boil.
- 2.** In a separate bowl mix in the egg yolks and sugar and whip it until thick and foamy.
- 3.** Pour half of the boiling cream into the egg yolk mixture and stir until smooth. Pour back into the pot with the remaining cream.
- 4.** Stir on medium heat in a figure eight motion until the mixture is thick. It is very important that the cream does not boil – otherwise you will get scramble eggs!

A glass jar filled with a thick, golden-brown caramel sauce sits on a dark wooden tray. A silver spoon is partially submerged in the sauce. The tray is surrounded by a generous amount of fine, light-colored matcha powder. The background is a dark, textured wooden surface.

Matcha Caramel Sauce

Pour this decadent dessert over pie, ice cream - or simply sneak a spoonful!

Serves 4 - 6

1 tablespoon DōMatcha®

3/4 cup heavy whipping cream (*vegan substitute: coconut cream*)

1 cup white sugar

2 tablespoons light corn syrup

1/4 cup water

2 tablespoons salted butter (*soy butter or coconut oil*)

1. Gently whisk the DōMatcha® into the cream (don't worry about the small flecks of matcha; you want that). Set a medium saucepan over high heat and stir together the sugar, water and corn syrup.
2. Bring this mixture to a boil, whisking gently. If you see sugar crystals forming above the liquid on the sides of the pan, dip your pastry brush in water and gently brush the crystals down. Continue to gently whisk the liquid until it turns a dark amber caramel color (between five to seven minutes).
3. As soon as it turns an amber color, turn off the heat and carefully whisk in the matcha-infused cream and butter. The sauce will bubble up so be very careful not to burn yourself!
4. Allow the sauce to cool for about 15 minutes and pour into a canning jar with lid. The caramel sauce stores in the fridge for up to two weeks if tightly sealed.

Matcha Kissed Pear Merlot Cream Pops

These delightful homespun popsicles are absolutely delicious and are prepared with only three simple ingredients. If you don't want to add cream, you can go for milk or just leave the dairy out.

Serves 4 - 6

1 3/4 cup Pear Merlot Juice Blend made by Bolthouse Farms, or other "smoothie" juice blend with high percentage of fruit

2 teaspoons DōMatcha®

2 tablespoons heavy cream (*vegan option: coconut, soy or other nut milk*)

Popsicle mold

1. Blend ingredients well, pour into popsicle molds, and freeze!





Matcha Ice Cream

26

The creaminess of handmade ice cream merges perfectly with the sweetness of matcha. On a hot summer day, this ice cream paired with Matcha Caramel Sauce is simply divine!

Serves 6

- 1 cup half & half (*vegan alternative: nut or coconut milk*)
- 1 cup sugar
- 1 tablespoon DōMatcha®
- 2 cups heavy whipping cream (*vegan alternative: coconut cream*)

1. Gently heat half & half in a pot until very warm. Whisk in sugar and DōMatcha® until dissolved.
2. Pour matcha mixture into a glass pitcher and stir in heavy whipping cream. Place in freezer for 30 minutes.
3. Pour chilled mixture into ice cream maker, and churn away! Once finished, quickly transfer ice cream to a 13x9 inch glass dish, cover with plastic wrap and "ripen" in freezer for two to three hours, or overnight.

Matcha Black Bean Brownies

Moist texture and fudgy flavour! Due to the inclusion of black beans, these are packed full of nutrients, and the addition of matcha really lifts them into superfood status!

Makes 12 Servings

2 cans or 1 large can of black beans
1 1/2 cup coconut flour or gluten-free baking flour mix
1/3 cup baking oil of your choice (we like organic cold-pressed avocado!)
1/2 cup maple or agave syrup
2 tbsp almond butter
1 tsp vanilla extract
1 ripe banana
1 tsp DoMatcha
3 tbsp Cacao powder
1 tsp baking powder
½ tsp Himalayan salt
Optional: ½ cup chocolate chips (dairy-free to keep it vegan!)

1. Preheat oven to 350 degrees Celsius.

Strain and rinse the black beans well. In either a blender or food processor, blend all the wet ingredients together with the black beans and banana. Depending on the strength of your blender, you may want to continue the mixture by hand or with a mixer after blending wet ingredients satisfactorily.

2. Combine all the dry ingredients gradually into the wet mixture. Hold a few of the chocolate chips back to top the brownies! Mix or stir until batter is well-combined and smooth.

3. In a standard 12-slot muffin pan, either line with paper muffin cups or grease the

pan well. Pour the mix into the muffin cups until just below the lip of the pan. If you would rather make sheet brownies, you can instead grease an 8x8 baking pan and cook as sheet brownies.

4. Top with your leftover chocolate chips as well as any other fun toppings you would like, such as pumpkin seeds, almonds, walnuts or pecans.

5. Bake in the oven for 20 minutes and check with a toothpick to see if they are baked through. If not, bake for an additional few minutes, checking often. Let cool before enjoying and refrigerate to keep! Enjoy as an amazing post-workout snack or a mid-afternoon work treat.

A still life composition featuring matcha dusted dark chocolate truffles. The truffles are round, dark brown, and coated in a fine layer of bright green matcha powder. They are arranged in a shallow wooden bowl lined with white paper. In the background, a glass of matcha latte with a thick white foam top is visible. To the right, a small metal basket holds several dates. In the foreground, a small glass dish contains more matcha powder, and a few almonds and dates are scattered on a piece of burlap fabric. A silver spoon with an ornate handle lies on the right side of the bowl. The entire scene is set on a rustic, dark green wooden surface.

Matcha Dusted Dark Chocolate Truffles with Manuka Honey

High quality matcha has notes of dark chocolate, so what better to pair it with than chocolate? This decadent confection makes a very special gift for a tea lover.

Makes 24 Servings

3/4 cup heavy cream (*vegan alternative: coconut cream*)

1 egg yolk, room temperature, beaten (*vegan alternative: 1/4 cup aquafaba*)

10 ounces 70% cacao bittersweet chocolate, finely chopped

1/4 cup Manuka honey

6 ounces 62% cacao semisweet chocolate, finely chopped

4 ounces natural cocoa powder

3 teaspoons DōMatcha®

1/2 cup toasted sesame seeds



1. In a large heavy saucepan, bring heavy cream to a boil. Remove the saucepan from the heat and quickly whisk in the egg yolk.
2. Add in the chopped bittersweet chocolate and stir until the mixture becomes smooth and creamy. Stir in the Manuka honey.
3. Transfer mixture to a glass bowl and cover tightly with plastic wrap. Chill in refrigerator for at least five hours.
4. Line a large baking sheet with parchment paper. Use a small ice cream scooper form 24 truffle balls and evenly place on the baking sheet. Chill in refrigerator for 30 minutes.
5. Melt semisweet chocolate in a double boiler. Using a fork, immerse the ganache balls into the melted chocolate one at a time and completely coat them. Return them to the parchment lined baking sheet and cool until chocolate is almost hard.
6. Spread cocoa powder in a thin layer on a flat plate. Roll the ganache balls in the powder until completely coated. Sprinkling 1/8 teaspoon of DōMatcha® over the top.



BEVERAGES





A close-up photograph of several matcha-infused white hot chocolate pops. The pops are a vibrant green color and have a smooth, slightly textured surface. They are shaped like small, irregular cubes. A wooden lollipop stick is inserted into the top of one of the pops. The background is softly blurred, showing more pops and a warm, golden light.

Matcha-Infused White Hot Chocolate Pops

32

This warming, matcha-infused hot chocolate is a delicious treat for fall and winter when a chill hangs in the air. Wrap them in individual lollipop bags for a unique holiday gift!

Serves 8

1 bag premium white chocolate chips

1/4 cup of DōMatcha®

1/2 cup powdered coffee creamer

1 Candy mold such as silicone “brownie pop” molds available at most craft stores

8 Lollipop sticks

1. Melt your white chocolate chips in a microwave safe bowl until smooth and creamy.

2. Stir in the DōMatcha® and coffee creamer until smooth.

3. Fill the mold with the white chocolate mixture and gently shake to release air bubbles. Place sticks in the middle and allow chocolate to firm up.

4. To serve, heat 12 ounces of milk or milk substitute to 180 degrees and swirl away!

Jade Lemonade

33

A simple, yet brilliant combination; tangy lemonade meshes with the mellow, earthy flavors of matcha. Just sip, and relax!

Servings 1

Juice of half a lemon

1-2 tbsp of sweetener to taste (sugar, maple syrup, or honey)

1 tsp DoMatcha

8 oz water

1 teaspoon DōMatcha®

1. Mix the lemon and sweetener well.

Whisk the matcha so clumps are dissolved and add to sweetened lemon.

Add water in, mixing well.

2. Add DōMatcha® to lemonade, and mix.

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Matcha Berry Protein Smoothie

Matcha blends wonderfully into any drink: lemonade, cocktails, eggnog, chai, steamed milk, or even just plain iced water with a twist of lemon! Use DōMatcha® Ceremonial Grade for slightly more L-theanine; use DōMatcha® Summer Harvest for slightly more EGCG antioxidants.

Serves 2

2 cups vanilla almond milk
1 ripe banana
1 cup frozen blueberries
2 scoops protein powder
2 teaspoons DōMatcha®



1. Put banana and blueberries in the bottom of the blender. Pour almond milk and protein powder on top, and blend for 30 seconds or until frothy. Because matcha is very delicate, blend it at the very end for just a few seconds.

2. Serve over ice. The blueberries give the smoothie a beautiful purple hue, and the banana gives it a rich, creamy texture. Yum!



Matcha Chai

Add some spice to your routine with this terrific chai recipe.

35

Serves 2

16 ounces vanilla almond milk
1-2 cardamom pods
1/8 teaspoon peppercorns
1/4 cinnamon stick
3 whole cloves
1/8 inch slice of fresh ginger
1/4 teaspoon dried fennel seeds
1 bay leaf (optional)
1 teaspoon DōMatcha®

1. Bring almond milk and spices to a boil. Boil for 5 minutes, then simmer for 10 minutes.

2. Strain into a blender. Let the mixture cool down for a few minutes, then add 1 teaspoon of DōMatcha® and blend.

3. You can also make a DōMatcha® Chai Frappe by blending with ice. Mmm-matcha!





Matcha Almond Milk Frappe

36

The following two recipes use coconut palm sugar, a low-glycemic, high-nutrient alternative to regular sugar.

Serves 1

1 tsp. DōMatcha®
1 cup almond milk
1/4 tsp. cinnamon
1 tsp. coconut palm sugar (optional)
Almond syrup to taste (optional)
1 cup ice

1. Dissolve coconut palm sugar in 1 tablespoon warm water.
2. Combine sugar or syrup, almond milk, and ice in a blender, and blend until smooth.
3. Add in the DōMatcha® and blend for five more seconds.
4. Pour into a chilled glass, sprinkle with DōMatcha®, and serve!



Iced Coconut Matcha

A sweet and simple matcha; the coconut milk lends a wonderful creaminess to the matcha!

Serves 1

1/2 teaspoon DōMatcha®

1/2 cup cold water

1 tbsp. coconut milk

Coconut syrup to taste

1 tsp. coconut palm sugar (optional)

Ice

1. Put DōMatcha® and 1 tablespoon water in a bowl. Whisk into a smooth paste, and add the rest of the water. Whisk until frothy.

2. Add in the coconut palm nectar or syrup and stir with a spoon until dissolved.

3. Transfer into a chilled glass filled with ice, add a dollop of coconut milk to the top, and sprinkle with DōMatcha®.



Matcha Mojito

This icy refresher is like a sip of summer.

Serves 1

1 teaspoon DōMatcha®

1/4 cup mojito mix

1/2 cup lemonade

Ice

Martini shaker

Mint

Lemon twists

GF

V

1. Combine ice, DōMatcha®, mojito mix, and lemonade into martini shaker and mix.

2. Strain into a martini glass. Add ice, mint, or a twist of lemon for garnish!

Matcha-Tini



Our signature DōMatcha® martini – a bittersweet taste of fire.

Servings 1

1 oz. Grey Goose Vodka
1 oz. Remy's Cognac
1 oz. Crème de Cacao
3/4 tsp DōMatcha® Ceremonial Grade
Ice cubes
Powdered chocolate (optional)

- 1.** Combine all ingredients in a martini shaker and mix.
- 2.** Strain into a martini glass and serve with a lime slice.

CONTRIBUTORS

G rard Jeantet

French Chef,
Certified Nutritionist

G rard Jeantet is an accomplished French chef with more than 30 years of experience. He is also a Certified Holistic Nutritionist and Iridologist who founded the Toronto-based company Sant  et Harmonie, addressing the wellbeing of clients through the use of food, supplements, and lifestyle.

A French chef to the core, G rard was born in the city of Vend me, approximately 200 kilometers from Paris. He has worked in restaurants, hotels and catering firms including the City of Lights, the Cote d' Azur, Provence and Switzerland. His experience brought him to a three-star Michelin restaurant and he catered private parties at the French Consulate.

With his unique background in gourmet cuisine, G rard specializes in transforming traditional recipes into creative, nutritionally balanced meals and creating diets that address his clientele's food intolerances and preferences.

G rard's recipes:

- White Chocolate Stuffed Matcha Cr pes with English Custard
- Matcha Profiteroles with White Miso Salmon & Matcha Hollandaise

Shannon Abdolmohammadi

Author, *The Messy Apron* blog

Shannon is an avid cook and creator of healthy, family-friendly recipes. She previously documented her culinary adventures on the blog *The Messy Apron*. Now in this cookbook she shares her matcha recipes with other tea lovers.

Shannon's recipes:

- Matcha-Infused White Hot Chocolate on a Stick
- Matcha Caramel Sauce
- Matcha Ice Cream
- Matcha Kissed Pear Merlot Cream Pops
- Matcha Dusted Dark Chocolate Truffles with Manuka Honey
- Coco Matcha Granola
- Matcha Sea Salt Popcorn
- Triple Green Reduced Fat Guacamole
- Toasted Sesame & Matcha Crispy Rice Treats
- Shrimp & Basil Wraps with Matcha Mayo
- Homespun Matcha Egg-Noodles
- Green Tea Sushi Rolls

41

Alexis Siemons

Tea Consultant and Author of
Teaspoons & Petals blog

As a tea enthusiast, Alexis blogs about her culinary and stylish adventures with tea on *teaspoons & petals*. Her website began as a blog and has since then has evolved into a consulting business and teaware brand. Her line of haiku teaware has been featured in *DailyCandy*, and she recently launched a series of culinary tea classes.

As a tea consultant, Alexis guides creative marketing strategies for tea companies, and also works with individuals and restaurants to teach tea basics, build tea and teaware collections, and share tea and food pairings/tea-infused recipes. Visit her website at www.teaspoonsandpetals.com

Alexis's recipes:

- Goat Cheese Salad with Orange Slices & Matcha Dressing

HERITAGE OF DŌMATCHA®

It was in the 11th century that the Zen priest Esai (or Eisai) initiated the cultivation of tea in Japan. His famous book about tea opens with the sentence: “Tea is the ultimate mental and medical remedy and has the ability to make one’s life more full and complete.” In saying that, Esai was referring to Matcha, Japan’s most treasured green tea and the only tea to be used in the traditional Japanese Tea Ceremony - (Sado). Sado in its modern form was developed by Zen monks over the course of the 15th century and became popular with the Samurai society, royalty and Japan’s upper class.

Scientific and clinical studies of green tea have advanced in recent years, focusing on the tea’s inherent health benefits. As the awareness of green tea has grown, so has the awareness of the health benefits of Matcha, whereby one ingests the entire tea leaf rather than simply the brewed water. Today Japan only exports about 4% of its precious matcha. It is not only a highly treasured specialty green tea, but also used frequently in Japanese cooking and baking, in health foods, and in Western-style beverage creations.

DōMatcha® green tea is shade-grown 2-4 weeks before harvesting. Only the finest top leaves are chosen for DōMatcha®. Our organic Matcha green tea is certified by JAS (Japan Agriculture Standard) and JONA (Japan Organic and Natural Foods Association), which follow stricter regulations and higher standards than North American certification associations.



Today, it is still difficult to produce organic matcha and only a very small percentage of Japan's matcha industry is given over to certified organic fields. The famous Uji Region where matcha originated is the most productive. Uji offers a very uniquely flavored matcha due to the ideal tea producing weather and geographical conditions. The tea fields sit on gentle hills atop well drained soil in a climate of cool foggy mornings, warm sunshine, and cool foggy evenings, surrounded



by an abundance of water and forest. Much of DōMatcha's® organic matcha is cultivated here.

No chemical fertilizers, herbicides, or pesticides are used. The tea fields are surrounded by trees and bush to protect the fields from environmental contaminants. Each batch is tested for chemical and bacterial residue. Sensory testing, color and tone testing, and nutritional ingredient analysis are also performed on every batch.

DōMatcha® products are cultivated, harvested and processed very carefully at each phase, keeping our matcha fresh and rich in flavor and nutrients. We are committed to producing the finest possible product and honoring the rich history of matcha with every step along the way.

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YOUR CREATIONS, AND FOLLOW ALL THINGS
DŌMATCHA®!







DŌMATCHA®

AN ANCIENT JAPANESE GREEN TEA

