

Recipes



Green Tea, *Camellia sinensis*

Tips

- Whole leaf green tea rather than bagged tea is generally higher quality and is less bitter.
- Steep green tea in water that is hot but not boiling.
- Brew green tea with water below boiling temperatures, between 150 – 180 °F for 30 seconds and up to 4 minutes, depending on the type. Refer to the directions for the proper preparation of each type of green tea for the best flavor. Over brewing can be bitter.
- Some green full leaf teas can be brewed up to three times.
- Store green tea in an opaque, air-tight container for up to six months.
- Blend green tea powder into foods such as salad dressings, smoothies, cookie dough and even oatmeal for breakfast.
- Roasted green teas handle longer steeping time: 176°F to 194°F for 1-3 minutes.
- Tea bags, in general require a shorter steeping time than their full leafed counterparts.

Green Tea Types, a sampling:

Dragonwell: a Chinese pan-fired tea, mild and sweet with a chestnut flavor; don't over brew;

Genmaicha: a Japanese tea blend with puffed rice that give a nutty, roasted character with sweet, vegetal flavors and is rarely bitter;

Gunpowder: a Chinese tea, the leaves are rolled into small pellets and it generally has a light, grassy flavor;

Hojicha: a Japanese tea comprised of roasted leaves and stems yielding a woody flavor that often appeals to coffee drinkers; low in caffeine;

Jasmine: a blend infused with the fragrance of jasmine flowers, adding a delicate floral flavor to a stronger tea; try cold brewing gives for a light yet flavorful flavor or warm brewing 176°F for 1-3 minutes;

Matcha: a Japanese powdered tea with a bittersweet flavor;

Moroccan Mint: a Moroccan tea made with a Chinese gunpowder green tea and fresh or dried mint. It is drunk with or without sugar.

Sencha: a Japanese tea with a fresh green and grassy flavor; Brew for 30 seconds at 178°F or use cooler water, around 158°F for 1 to 2 minutes.

Hot Spiced Green Tea

2 cinnamon sticks (3 inches)	4 cardamom pods, crushed
4 individual green tea bags (or equivalent loose green tea leaves)	4 cups boiling water
½ teaspoon minced fresh gingerroot	2 tablespoons honey
½ teaspoon grated lemon zest	

In a large bowl, combine the first five ingredients. Add boiling water. Cover and steep for 5-6 minutes. Strain, discarding tea bags and spices. Stir honey into tea. Serve immediately.

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Green Tea Cake with White Chocolate Buttercream

Matcha is a green tea powder traditionally used in the Japanese tea ceremony. Because it is finely ground, it integrates beautifully into baked goods, to which it adds sweet, herbaceous notes and a spring green color. The creamy, mellow sweetness of white chocolate buttercream complements the matcha in this lovely layer cake.

For the Cake:

2 cups/250 grams all-purpose flour	1 cup/242 grams sour cream (or plain yogurt)
1 cup/200 grams sugar	3 large eggs
2 tablespoons matcha green tea powder	2/3 cup oil (grapeseed or canola)
1 1/4 teaspoons baking powder	2 teaspoons vanilla extract
1/2 teaspoon baking soda	
1/2 teaspoon salt	

For the Frosting:

1 cup/2 sticks/227 grams unsalted butter (cut into small pieces and softened to room temperature)
3 cups/360 grams confectioners' sugar, sifted
4 ounces/113 grams good-quality white chocolate (melted and cooled)
2 teaspoons vanilla extract
2 to 3 tablespoons whipping cream (or soymilk)

Gather the ingredients.

Preheat the oven to 350 F/177 C. Grease and flour two 8 or 9-inch cake pans, knocking out any excess flour. (Alternatively, lightly grease the pans and line the bottoms with parchment paper, then oil the parchment.)

In a large bowl, whisk together the flour, sugar, matcha, baking powder, baking soda, and salt.

In another large bowl, whisk together the sour cream, eggs, oil, and vanilla. Slowly add the wet ingredients to the dry, whisking until smooth. (Switch to a spoon or use electric beaters if you find the batter too thick to whisk easily.)

Divide the batter evenly between the two cake pans, smoothing the tops with a spatula. Bake the cakes in the preheated oven until they are firm to the touch, begin to pull away from the sides of the pan, and a tester inserted in the center comes out clean, about 25 to 30 minutes.

Allow the cakes to cool on a rack in their pans for 10 minutes. Run a sharp knife around the edge of each cake, then invert onto the cooling rack. Remove the pans and allow the cakes to cool completely before frosting.

To make the frosting: beat the butter in a stand mixer or with handheld beaters until smooth and creamy. Beat in the confectioner's sugar at low speed, just until incorporated. Add the white chocolate, vanilla, and cream, and beat on medium speed for about 3 minutes more, or until the frosting is light and fluffy.

When the cake has cooled completely, place one layer on a cake plate. Spread with about 3/4 cup of the frosting, then top with the second layer. Spread the top and sides of the cake with the remaining frosting. Enjoy!

Miri Rotkovitz
The Spruce Eats

Iced Green Tea with Ginger, Mint and Honey

6 cups of water	½ cup mint leaves, tightly packed, plus extra to serve
¼ cup ginger, peeled and sliced	
3 - 6 bags of green tea, depending on how strong you like your tea, or the loose leaf equivalent	1/3 cup honey
	1 lemon, divided

In a medium-sized pot, combine the water and ginger slices. Bring to a boil. Once the water boils, remove from heat and add the tea bags and mint leaves. Cover the pot and steep for about 15 minutes.

Strain the brewed tea; separating the liquid from the mint leaves and tea bags. Mix in the honey and juice from half of the lemon into the tea. Transfer to a pitcher and cool to room temperature before refrigerating.

Slice the second half of the lemon. When ready to serve, add 1 to 2 lemon slices into each glass, along with a few mint leaves and ice cubes. Once the tea has cooled, pour it into the glasses and serve.

Karen Biton-Cohen
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Do you have any recipes featuring green tea to share?

Contact educator@herbsociety.org