



## OUR MATCHA HOW-TO

The preparation of Japanese matcha tea has been part of an elaborate ceremony of choreographed movements and numerous utensils dating all the way back to the 12th century. Modern matcha fans, however, have applied Occam's razor and simplified things considerably.

Make matcha a part of your daily source of calm and health with our easy preparation technique.



## STEP 1

Using a tea scoop, measure out your matcha powder by portioning 2 rounded scoops into a handheld mesh strainer.



## STEP 2

Position over your tea bowl and, like sifting cake flour, gently push the powder through the strainer to remove any lumps.



## STEP 3

Add about 60 ml (2 fl oz) of warm water. We recommend using filtered water to allow your tea's aroma to really shine. Feel free to experiment with brewing temperatures: cooler water towards 70° C (165° F) will bring forth a sweeter, milder matcha, while hotter temperatures of 80° C (175° F) will emphasize bolder, more full-bodied flavors.



## STEP 4

Chasen in hand, vigorously whisk your matcha from the wrist in m-shaped – not circular – motions.

