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HOW TO BREW TASTY JAPANESE GREEN TEA



How to
Brew Tasty
Japanese Green Tea

Japanese green tea can be brewed in different ways. In this post, we will go over the Simple Way and the Advanced Way for brewing tasty green tea. 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 tastiest 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 different 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.

Please note that our product page has different recommended temperature based on the type of tea between 175°F- 185°F; however, 175°F can be the common and standard temperature that would work for any type of our green tea.

2. Wait for 60-120 seconds (Please follow steeping guide on the product for the specific time based on the type of tea.)

3. Filter out the green tea leaves using a mesh strainer and serve hot.

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HOW TO BREW TASTY JAPANESE GREEN TEA - THE ADVANCED WAY



1. Selecting the right teapot

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

The picture shown is 12Oz Fukamushi Tea Pot.

If you do not have access to Fukamushi Tea Pot, you can use any type of teapots, but try to find ones w 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 Hard water with mineral breaks down elements in green tea which breaks the taste.

If you have any access to the water softer filtering system, use them. If using bottled water, do not use 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 the water first, it removes the chloride. (Please note that our product page has different recommended temperature based on type o between 175°F - 185°F; however, 175°F can be the most common and standard temperature that woul any type of our green tea) This approach in Japanese is called "yuzamashi" which translates to "cooled-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 o teaspoon is good for one person)

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

4. Put hot water

Turn some cooled boiled water (8-10 Oz) into the teapot.

The trick is to fill the teapot with 70% hot water. By doing so, it spreads the scent to the remaining 30 p the teapot.



5. Rotate teapot

Rotate the teapot slowly for about 60 seconds. This allows green tea to open up and soak hot the water



6. Pour green tea to the cup

When pouring green tea into many teacups, do not pour one after the other (cup 1-> cup 2-> cup 3). By green tea in cup1 is lighter than cup 3 since the darker element of green tea tends to sit at the bottom

Pour little by little by rotating each cup. (cup 1->cup 2-> cup 3-> cup 1-> cup 2-> cup 3). For 370cc teapo cup, rotate about 3-4 times between cups. This action makes each cup to taste the same.



7. Pour until the last drop

Pour in, to the last drop. The bottom drops tend to be darker in color. The last drops have the most an aroma and elements, so you do not want to miss out on the best part



8. Enjoy!

Hope you enjoy sweet, and tasty Japanese Green Tea served in the traditional Japanese way.

HOW TO BREW COLD JAPANESE GREEN TEA

1. Dissolve 3-4 teaspoon of powder into 30 Oz of cold water. For best result, use filtered water, bottled water. Alternatively, you can boil water and let it to room temperature.
2. Keep in refrigerator for 3 hours or more. Key point is to use longer time to dissolve. This way, sweetness increases, and it does not break down theani vitamin C. For best result, let it sit for overnight.
3. Stair the water first, then use a mesh strainer to filter out the green tea leave and serve cold.



Read more about how to brew cold Japanese Green Tea on our blog

OTHER POINTS TO CONSIDER

ENJOY THE SECOND INFUSION

In Japan, it is common practice to do 2nd infusion to get a 2nd cup. You can use the same green tea after pouring the first cup and infuse one more first infusion is called "Issenme", the second infusion is called "Nissenme". In order to get tastier 2nd infusion follow steps.

- After the infusion, open the top of the teapot and let go the hotness inside the pot. If you don't do so, the tea leaves inside the pot get warmer and can reduce the taste in the 2nd infusion.
- Follow above steps except that you want to wait for 10 seconds rather than 60 seconds after pouring hot water. Use higher temperature for the 2nd fi

THE RELATIONSHIP BETWEEN TEA AND TEMPERATURE OF THE WATER

When the temperature of the water is high, green tea gets bitter and change the balance of the taste. So, it is important to boil water and cool it to s extent based on the bitterness you prefer.

When the temperature of the water is higher than 175°F, the taste gets bitter and has more astringent.

When the temperature of the water is below 140°F, the taste is less bitter.

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