



Recipes with MATCHA TEA POWDER



Matcha is a type of green tea made by taking young tea leaves of Camellia sinensis tea plant and grinding them into a bright green powder. Sipping matcha daily can have a positive impact on one's energy levels and overall health. This trendy powder is packed with health benefits like having significantly greater levels of antioxidants per serving than brewed green tea.



With its potent nutritional properties, matcha can calm the mind, enhance one's mood and lower cholesterol.

Matcha is known to support a healthier immune system too.

The good thing is besides making tea, matcha can be used in baked goods, making ice-cream, chocolates and cooking pasta or noodles. Adding matcha to cake, cookies and brownies is so easy and a fun way to put a twist on classic recipes.

MATCHA LATTE

Ingredients

1½ tsp matcha powder
1 tbsp hot water
2 tsp honey or sugar to taste
¾ cup hot milk

Method

Sift the matcha powder, add sugar (if you use it instead of honey) into a cup, add hot water and stir until no lumps remain. Add honey and stir (if you didn't add sugar). Beat the hot milk using a beater for 2 minutes and then pour it. Sift/sprinkle some powder over it and serve.

MATCHA CUPCAKE

Ingredients

100g unsalted butter (softened)
150g sugar

3 large eggs
210g all-purpose flour
3g salt
6g baking powder
15g matcha powder
120ml milk

Method

Put butter and sugar in a mixing bowl and beat until light and fluffy. Add eggs one at a time and beat well. Take another bowl and put flour, salt, baking powder and matcha powder and whisk to mix properly. Add flour, bit by bit, pour milk into the egg batter and fold gently. Pour batter evenly into the cupcake tray prepared with cupcake liners. Bake in a pre-heated oven at 175° C for 25-30 minutes. Serve with your favourite frosting.

MATCHA PESTO PASTA

Ingredients

80g fresh basil
4 pieces garlic
2 tsp matcha powder
¼ cup peanuts (toasted)
1/3 cup olive oil
227g pasta or spaghetti (boiled)
Drizzle of olive oil
Salt and pepper to taste
1 cup canned chickpeas

6-8 pcs shrimp (cleaned and shelled)

Method

Add basil, garlic, salt, pepper, matcha powder, peanuts, and olive oil to the blender and whisk for about 15-20 seconds. Pour the matcha pesto into a container and set aside. (Can keep this in the fridge to enjoy for up to a couple of weeks). Heat a non-stick pan to medium heat. Add a drizzle of olive oil, shrimp, chickpeas, salt and pepper and sauté for 2-3 minutes. Add spaghetti, 4-5 tablespoons of the matcha pesto paste and give a good mix. Ready to serve.

MATCHA BARK

Ingredients

200g white chocolate
15g matcha powder
½ cup coconut flakes
Sprinkles to decorate

Method

Melt the chocolate in a double boiler. Add matcha powder and stir well to mix it evenly. Add coconut flakes and mix. Pour the chocolate into a baking tray and spread evenly. Decorate with some colourful sprinkles, coconut flakes, dry fruits etc.

Photo and Food: Chiangmi Talukder Lena

