

Matcha

According to *Cambridge Dictionary*, *matcha* is “a type of green tea in the form of a powder that is dissolved in hot water or milk,” and this makes it sound boring when it in fact is an amazing beverage. Matcha is a type of green tea that can be made by getting young tea leaves grinded until it turns into a bright green powder. Unlike other kinds of tea, matcha is the only form of green tea which its whole leaves can be consumed. It is also known for its particularly strong and unique flavor. Therefore, it has been used in a variety of sweets such as different kinds of cake, cookies, or even brownies. Similarly, with its increase in popularity in recent years, we can generally see many adaptations of matcha in several different forms of modern western sweets like ice cream, latte, chocolate and so on. More importantly, matcha contains concentrated amount of antioxidants, which can reduce cell damage and prevent chronic diseases. Moreover, studies have shown that matcha could prevent liver damage and decrease the risk of liver disease. Altogether, the tea has many possible health benefits and packs with antioxidants. It is just simple but delicious with almost everything you make with it.

Making original Macha green tea may possibly sound difficult but it could be easily accomplished if you follow these steps. First of all, you need to make sure that Japanese tea set for making matcha is prepared and cleansed perfectly. For this process, matcha should be prepared in a bowl. Since matcha clumps very easily, it is recommended that it should be sifted before adding any water. Second, thick matcha tea is blended in a ratio of three teaspoons of matcha and a cup of hot water. To get the perfectly original matcha for beverage, the tea is supposed to be kneaded with a bamboo whisk slowly and gently. Finally, depending on your preferences matcha that has been made can be topped off with more hot water or steamed milk. Similarly, it is quite alternative to add any kinds of steamed milk such as almond milk, coconut milk, or soy milk before whisking again until it turns into foamy and sweeten form to taste. If you follow these important steps in making the original matcha green tea, you may find that it is much easier to make your favorite drink with plenty of alternatives.

If you are bored of drinking other beverages, you must try this matcha drinks .With a meticulous making process, you can get into the matcha culture and its flavor.Sweets and drinks from matcha can keep me excited and yearn for more. In cafés, it is a standard to include a matcha latte on the menu because of the cheap price and high demand . It is hard to express all of the feelings I was experiencing when I have had my first matcha latte topped with whipped cream and extra sprinkle of the tea powder.I used to think that I could drink this every day! It was so sweet, creamy, and wholesome, and it was an amazing pleasure to feel its taste in my mouth. After years have passed, I still love matcha as much as I did when I was younger. But nowadays, I am getting more health conscious when I order a drink at cafés, so I ask for less sugar or no sweet at all. Because of this, it is still my favorite drink and I think it is the best tea that can go with anything.