Matcha

While the tea ceremony can be very complex, you can follow these steps to understand more and you will be able to host your own ceremony at home. First of all, you must send out invitations to the guests. The host prepares the room, according to the season and the time of the day. This involves cleaning the room and make sure that all the supplies are available. Secondly, after the guests arrive, they will remove their shoes and enter the room. They will then wash their hands as a symbol of purifying themselves. Guests are seated according to rank, after everyone is seated, sweets are being offered. Third, the host will bring the Japanese tea ceremony set and proceed to cleanse each tool. The host will then prepare matcha tea in a bowl. Thick matcha tea is blended in a ratio of three teaspoons of matcha and a cup of hot water. The tea is kneaded with a bamboo whisk and then passed to the highest rank guest in the room to take a sip. The guest will then clean the bowl with a cloth, and then pass the tea bowl to the second guest. This continues until everyone has a sip from the same tea bowl. It is then returned to the host for cleaning. Next, the host will prepare thin matcha blended in a ratio of 1:1. After everyone has sampled the thin matcha, the host will clean the tea set for the third time. Finally, the tea ceremony is ended, and guests will depart from the tea house. Typically, this ceremony can last up to 4 hours, depending on the seasons. The Japanese tea ceremony is very complex, but if you follow these simple steps, you can properly host the ceremony and have memorable experience with this ceremony.

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.

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.