

Matcha

Azra Hodza

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- Matcha is one of the most popular superfoods of the moment

Discover the rich history and modern allure of matcha, the vibrant green powder beloved worldwide. From its ancient origins in Japanese tea ceremonies to its rise as a wellness superfood, this book explores matcha's profound health benefits, cultural significance, and creative uses in food and drink.

Featuring inspiring recipes, tips on the best matcha cafés, and insights into its celebrity appeal, this book is perfect for enthusiasts and newcomers alike. Sip, savour, and embrace the green revolution!

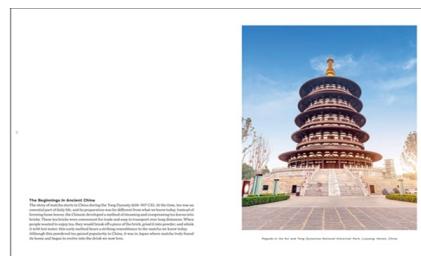
Azra Hodza has, in recent years, worked exclusively on raising awareness about matcha. She is a trained nutritionist and knows everything about the amazing properties of this Japanese superfood.



世界で
一番のお茶

NO. 1 TEA IN THE WORLD

Why do matcha gain such popularity? Apart from its intense color and amazing flavor, matcha's benefits lie in its distinctive preparation, which preserves a far greater amount of nutrients than most other methods.



The Beginning in Ancient China
The first recorded use of matcha was in the Tang Dynasty (618-907). At that time, tea was a drink reserved for the nobility and the wealthy. The tea was served in small bowls, and the tea leaves were crushed and then added to the water. This method of brewing tea was time-consuming and required a lot of effort. In the 12th century, the Chinese developed a method of whisking the tea leaves with a bamboo whisk, which made it easier to brew tea. This method of brewing tea became known as matcha.

