

Green Tea Or Matcha Ice Cream Recipe

What is in Green Tea ice cream?

One delicious way to enjoy green tea is through green tea ice cream. It is becoming so popular that even companies like Haagen Dazs are adding it to their menus. Green tea ice cream is made with green tea powder, which is finely ground green tea leaves. This powder gives the fresh flavor of green tea to the ice cream while keeping the smooth and creamy texture. If you have an ice cream maker, try this recipe for a refreshing treat.

2 cups heavy cream

1 cup whole milk

6 eggs

¼ teaspoon salt

2/3 cup sugar

2 tablespoons Matcha (powdered green tea)

Whisk eggs, sugar and powdered green tea in a mixing bowl until tea is mostly dissolved. Add one cup hot cream mixture slowly while whisking so the eggs do not cook. Whisk custard into remaining cream mixture in saucepan and cook over low heat, stirring with a wooden spoon until the mixture is thickens and reaches 170 degrees F (check with a kitchen thermometer). Do not let it boil.

Strain custard into a metal bowl and cool to room temperature, while occasionally stirring. Then cover and chill in the refrigerator for one hour.

Pour the mixture into the ice cream maker and freeze it. Once frozen, scoop it into an airtight container to freeze hard before serving.

Matcha Health Benefits

Is matcha good for you?

Matcha, or powdered green tea, is very popular because of all its health benefits. Health experts suggest drinking matcha lowers your risk for cancer, rheumatoid arthritis, high cholesterol and cardiovascular disease. It also strengthens your immune system to help fight off infections.

Green tea carries the powerful antioxidant epigallocatechin gallate (EGCG). Antioxidants repair the damage and deactivate molecules called free radicals that are

produced as a byproduct when body tissue consumes oxygen. Oxidative stress has been known to cause strokes, neurodegenerative diseases, cancer and coronary heart disease. By consuming green tea with its powerful antioxidant EGCG, you strengthen your body against all those health problems, and more.

Powdered green tea has also been shown to help dieters, fight infection and even prevent tooth decay. So drink up green tea, eat green tea ice cream, sip a matcha shake, or even try it over your yogurt. Your body will thank you.

Matcha Smoothie Recipe Ideas

How do you make a green tea smoothie?

Matcha, or powdered green tea, has many health benefits and is a refreshing way to start the day. You can head to Starbucks and spend an arm and a leg on a Green Tea Frappuccino loaded with calories and sugar, or you can blend a healthy shake all on your own! Try mixing some matcha into your morning smoothie or shake for antioxidants, vitamins and a whole lot of flavor!

Mix one tablespoon of green tea matcha with one cup of fat-free vanilla or berry-flavored yogurt. Scoop the mixture into a blender with half a cup of fat-free milk. Add three cups of frozen fruit. Try using frozen mixed berries for tang. Blend until smooth and enjoy!

Another recipe to try is to mix one tablespoon of matcha with one cup of blueberry yogurt, blend it with half a cup of milk and add frozen bananas and blueberries. This shake is especially yummy if you add in 1 tablespoon of honey.

How Matcha Is Made

What is matcha?

Matcha tea powder is made with ground-up tealeaves. The purpose of the process is that the powder is mixed with water to create the tea drink, instead of steeped and strained out.

There are two kinds of matcha; koicha and usucha, translated from Japanese as “thick” and “thin” respectively. Koicha matcha, or “thick” green tea, comes from the initial harvest of that *Camellia sinensis* (tea) plants that are at least 30 years old. Usucha matcha comes from tea plants that are younger.

Making [matcha](#) is time consuming and the process starts several weeks before harvesting begins. Farmers cover the bushes to prevent direct sunlight to the leaves. This slows growth, darkens the color of the leaves and causes the production of amino acids resulting in sweeter tea. The leaves are then harvested and laid out flat to dry.

The dry leaves crumble into tencha, which is then de–vined, de–stemmed and stone ground into the fine powder that is matcha.

Powdered Black Tea

What is black tea made from?

Black tea powder is made from the same plant, *Camellia sinensis*, that matcha, or green tea powder, is made from. After harvesting the leaves, farmers wilt the leaves by blowing air on them. Then the leaves are processed either by the CTC (crush–tear–curl) method or by the orthodox method by hand or machine.

The leaves are then oxidized or fermented under controlled temperature and humidity. The level of oxidation determines the quality of the tea. The oxidation process ends with the drying of the leaves, and finally the tea is graded and sorted. High quality tea is then stone ground to become black tea powder ready for the market.

Powdered black tea has a stronger flavor and carries more nutrients like vitamins and antioxidants per gram. This is because people consume the actual leaves as the powder is fully dissolved in water to make the tea drink. Powdered black tea makes for rich–tasting tea, tea lattes and even iced tea.

History Of Matcha

When did people start drinking matcha?

The history of matcha is rich. In the Tang Dynasty (618–907), tealeaves were harvested and then steamed to form bricks for storage or trading. The tea was then roasted and grown into tea powder, which was added to salt and hot water for drinking.

In the Song Dynasty (960–1279), dry tealeaves were steamed and then whipped with hot water to make tea. Powdered tea became less popular in China in favor of loose–leaf tea, but Buddhists in Japanese monasteries preserved the tradition and even celebrated tea with the revered Japanese tea ceremony.

Matcha has recently become more popular partly because it has become easier to grow the high–quality tealeaves needed to produce it. Another reason for its resurgence is that more and more health reports are touting the benefits of drinking green tea. Drinking matcha, as opposed to loose–leaf tea, offers much more of the nutrients because the leaf is actually consumed in the tea drink instead of steeped and discarded. It has become so popular that matcha–flavored cakes, noodles and chocolates have hit the market. Matcha is hot!

Matcha Unmatched

What vitamins does matcha have in it?

Because drinking matcha, or powdered green tea, means consuming the actual leaves, matcha contains higher concentrations of vitamin E and the antioxidant EGCG than bagged or loose-leaf green tea. In 10 grams of Matcha, there is .3 grams of caffeine, 1 gram of polyphenols or antioxidants, 2900 ug of carotene, 3.9 grams of dietary fiber, 3.1 grams of protein, 42 mg of calcium, 270 mg of potassium, and significant quantities of Vitamins A, B1, B2, and C. Matcha has been shown to boost metabolic rates 35–40%, decrease LDL cholesterol levels and stabilize blood sugar levels which help diabetics.

Matcha also ensures a stronger taste of the green tea because the actual leaves are present in the food or drink, and the flavor is showing up in more and more forms. There are now items like green tea ice cream, chocolates, cakes, snacks and noodles on the market, each with a healthy kick to their taste.

How To Make Matcha Tea

What is the idea temperature for matcha?

Using matcha, or powdered green tea, might seem difficult for people used to tea bags or straining loose-leaf tea. For people used to drinking clear tea, it can be a little intimidating, but try it. Brewing matcha is simple and rewarding.

Traditionally, a bamboo scoop or a Chashaku is used to spoon out the matcha. However, a teaspoon will suffice. First, heat water on the stove or in the microwave to just below boiling. The ideal temperature to bring out the flavor of matcha is 80°, but inevitably your tea will cool, so ballpark it. Use a chasen or a small whisk to mix in one heaping teaspoon (or one and a half scoops with a Chashaku) in with 2/3 cup of hot water. Make sure the matcha is completely dissolved into the water. When your tea looks frothy and is free of any lumps, it is ready to drink. Enjoy!