

MANY WAYS TO MATCHA

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Spring is right around the corner, and you know what that means? It's matcha season. The snow is fizzling out, and so is the cider. Wellness is in, fresh air is in, and matcha is in. The great thing about the popular powder is that there are, in fact, many ways to matcha. You can drink it, eat it, and even wear it! Essentially, matcha is everywhere and can be added to everything.

It's important to know the difference between ceremonial grade matcha and culinary grade matcha, according to the ArtfulTea blog. Ceremonial grade is the highest quality matcha, with a subtle flavor. It is meant to be consumed on its own. Culinary grade matcha is lower quality with a bolder flavor. It's designed to be added to lattes and other recipes. Depending on your recipe, ceremonial grade matcha might be a better alternative to culinary grade, or vice versa.

Here are a few recipes with both types of matcha powder that will brighten up your spring!

The Classic Matcha

You can't go wrong with a classic matcha! This subtle drink is perfect for a slow spring morning, especially when you need your caffeine. A classic matcha is a great recommendation for those looking for a healthy alternative to coffee.

Instructions:

In a sifter or mesh strainer, add a one-teaspoon scoop of matcha powder per cup. Then, sift the powder into a bowl and add a small amount of hot water. Whisk until smooth. Finally, add up to six ounces of water and whisk until frothy. Utilize your personal taste and play around with these ratios!

The Matcha Latte

A sweeter alternative to a classic matcha, this latte has a bolder flavor. The best part is, you still get all of the benefits of matcha: higher energy, metabolism, and tranquility.

Instructions:

First, use a sifter or mesh strainer to sift your matcha until it becomes lump-free. Then, spoon the matcha into a large mug. Whisk in hot water until frothy. Then whisk in milk until well-combined. Finally, taste and add additional water, milk, and/or sweetener to your liking.

Note:

Using full-fat milk will create a richer latte, whereas non-fat milk will lighten it. Almond milk and oat milk are great alternatives to try!

Ingredients:

- Ceremonial grade matcha powder
- Water

Ingredients:

- ½ to 1 teaspoon of culinary grade matcha powder
- ¼ cup hot water
- ¼ cup milk of choice
- Honey, stevia or sweetener of choice (optional)

White Chocolate Matcha Cookies

Craving matcha and cookies? Here is a great way to combine the two! As an easy and quick recipe, these matcha cookies are a sweet way to turn a matcha hater into a matcha lover! This recipe makes roughly ten cookies.

Ingredients:

- ½ cup unsalted butter at room temperature
- ¾ cup granulated sugar
- 1 egg
- 1 ½ cups all-purpose flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- 4 teaspoons culinary grade matcha powder
- ¾ cup white chocolate chips

Instructions:

First, use an electric hand mixer to whip your room-temperature butter and sugar. Mix in the egg until combined. Sift in the flour, matcha powder, salt, baking powder, and baking soda. Fold with a spatula. Then, fold in the white chocolate chips. Divide the dough into 10 equal balls, and place on baking pans. Use parchment paper and leave enough space for the cookies to spread. Let the cookie dough rest in the fridge for 1 hour, and preheat the oven to 347 F. Finally, place the cookies in the oven and bake for 10 minutes. Add more white chocolate chips to the top of the cookies and bake for another 5 minutes. Bonus: add nuts or raspberries for a stronger flavor! Store at room temperature in an air-tight jar.

Matcha Ice Cream

After one of those days, we all need a sweet treat post dinner. With its rich and heavy consistency, infused with sweet matcha, this no-churn matcha ice cream will be sure to satisfy your sweet tooth!

Ingredients:

- 14 ounces condensed milk
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 2 tablespoons culinary grade matcha powder
- 2 cups heavy cream

Note: Adding more matcha powder won't hurt! If you want to have a stronger matcha flavor, then add more than 2 tablespoons of powder. Be sure to sift it to avoid clumps.

Instructions:

In a large bowl, add condensed milk, vanilla extract, salt, and matcha powder. Mix well until combined and set aside. Then, whip heavy cream until it forms stiff peaks, or when the mixture is thick, fluffy, and stable (approximately 5 minutes). Add about half of the whipped cream to the bowl with the matcha condensed milk mixture. Mix together until the color is a uniform green. Then, add the rest of the whipped cream and gently fold it into the mixture. Be careful not to deflate the whipped cream. Finally, pour the cream into a freezer-safe container and freeze for 6 hours or overnight.