



About these Matcha Recipes and their Beginnings: Sweet, Savory, Whole and Nutritious

Still somewhat of a novelty in American cuisine—we are all new to matcha—I brought some to my friend Minnie Jardine as a gift during a holiday visit to her country home in Ithaca NY, where she lives with her husband, teaches yoga and raises ducks. Minnie fell in love instantly with the green elixir and the ritual and learned overnight how to whisk a frothy bowl of tea. Standing in her kitchen where there are bulk sacks of raw grains used to bake fresh bread almost daily, we talked about recipes and the versatility of this ingredient. And then I looked at her wall of cooking and nutrition books and ventured an idea. Today we are proud to present this e-book of matcha recipes created and tested by Minnie and photographed in collaboration with her husband, Matt Cooper. Consider these pages as a starting point in learning to use matcha in sweet and savory recipes and as a introduction to nourishment through whole foods.

Everyone loves cupcakes. The ganache is also good on a chocolate cake.



Butternut Squash Cupcakes with Matcha Ganache

Butternut Squash Cupcakes

*1 1/4 cup whole grain flour
1 teaspoon baking soda
1 teaspoon cinnamon
1/4 teaspoon fresh ground nutmeg
1/4 teaspoon celtic sea salt
2 eggs, lightly beaten
1/2 cup maple syrup
1/2 cup melted clarified butter
1 cup squash puree*

Preheat oven to 350°. Put cupcake papers into a muffin tin.

In a large mixing bowl, whisk together the flour, baking soda, cinnamon, nutmeg and sea salt. In a separate, smaller bowl, mix the eggs, maple syrup, clarified butter and squash purée. Add the wet ingredients to the dry, mixing until just blended.

Spoon the batter into the paper cups, dividing evenly, and bake for 20 minutes or until a toothpick inserted into one comes out clean.

Matcha Ganache

*3.5 oz best quality white chocolate, finely chopped
(I use Green & Black's)
1 cup cream
2 teaspoons Matcha powder*

Start out by chilling the mixing bowl and the beaters.

Melt the white chocolate and 1/4 cup of the cream over low heat, stirring continually. Remove from heat and cool completely.

Put the rest of the cream into the chilled mixing bowl, then sift the Matcha powder into the cream and whisk until thoroughly blended. Beat until beater marks just begin to show, then add the cooled white chocolate/cream mixture and continue beating until soft peaks form. Be careful not to over-beat as it will turn to butter.

Spread over the tops of cupcakes, then add a few pumpkin seeds and/or sprinkle with *usucha* tea.



Eat your greens!

Usucha Tea Ice Cream

*1/2 cup whole milk
1/3 cup maple syrup
Pinch of sea salt
1 tablespoon Usucha tea leaves
2 egg yolks
1 cup cream*

In a small sauce pan, heat slowly to scald the milk, maple syrup and salt. Remove from heat and add the tea leaves.

In a small mixing bowl, lightly whisk the egg yolks. Slowly whisk in about 1/4 of the hot milk mixture to temper the yolks.

Do not strain out the leaves.

Add the yolk mixture back into sauce pan with rest of the milk. Cook over low heat stirring constantly until it thickens a bit.

Remove from heat, pour back into mixing bowl and add the cream. Whisk to blend and cool a bit.

Cover tightly and chill thoroughly, then freeze according to your ice cream machine's instructions.



Matcha Salt

This is a delicious and visually striking accent that works well with various dishes. For example poached eggs; this is like heaven on a plate. It's particularly nice on yellow or orange foods, such as melon slices or a grated carrot salad.

Mix together:

1 tablespoon coarse grey sea salt
1/2 teaspoon Matcha powder



Matcha Shortbread Cookies

1/2 cup unsalted butter (softened but not melted)
1/4 cup dehydrated cane sugar
1 cup whole grain spelt flour
2 tablespoons arrowroot powder
1/4 teaspoon celtic sea salt
1 teaspoon sifted matcha powder

Beat the butter and sugar in a mixing bowl until light.

In another bowl, whisk together the flour, arrowroot powder, sea salt and the matcha powder until thoroughly blended. Mix into the butter and sugar mixture. Roll out into a log and wrap in plastic. Chill for at least an hour.

Preheat the oven to 275°. Slice the log into 1/4" slices and bake on a cookie sheet for 15 minutes. Cool completely.

Makes approximately 24 cookies.

It's all about the butter; make sure it's the best quality. This is a real comfort cookie.

When making truffles you make a mess, so roll up your sleeves and put on an apron. It's like playing with clay... have fun!



Matcha Truffles

bittersweet chocolate

1/2 cup cream

1 tablespoon Matcha powder

2 tablespoons maple syrup

Cocoa powder and Matcha powder for dusting

Finely chop the chocolate and put into mixing bowl.

Scald the cream in a small sauce pan, then whisk in the Matcha powder and the maple syrup. Pour over the chocolate and stir until it's melted. Cover and chill well, until completely firm.

When chilled, scoop out small balls with a teaspoon and roll into balls using your hands. Place in refrigerator to chill.

Roll the balls in small dish of cocoa powder until roughly 3/4 covered, then cover the rest of each truffle with Matcha powder using the same technique.



Great for cocktail parties.

Savory Matcha Tart

Crust

(makes 2 9" crusts)

1/2 cup plus 3 tablespoons unsalted butter, chilled

2 cups whole grain flour

1/2 teaspoon salt

Work butter into the flour and salt with fingers until well blended. Add 5-6 tablespoons cold water, just enough so that the dough barely holds together, then gather up into 2 balls. Flatten each into a 4" disc, then cover and chill for a couple of hours.

Roll out the chilled dough and press into the tart pans, then return to the refrigerator while making the filling.

Filling

(enough for two tarts)

2 cups whole milk

3 eggs, lightly whisked

2 teaspoons Matcha powder, mixed with 1 tablespoon water to make a smooth paste

3/4 cup grated cheddar cheese

salt and pepper to taste

course sea salt

Usucha tea leaves

Preheat oven to 375°F

Scald the milk, then remove from heat. Whisk the eggs slowly into the hot milk. Whisk in the matcha paste, the salt and pepper and the cheese. Pour into the crust.

Bake approximately 30 minutes, or until set. Garnish with sea salt and Usucha before serving.



Walnut Tart with Matcha Whipped Cream

Crust

1 cup whole grain flour
 1/2 teaspoon celtic sea salt
 6 tablespoons unsalted butter (chilled)

Using your fingers, blend butter into flour and salt until well-blended.

Add approximately 2 tablespoons of cold water over flour, mixing with a fork. Dough should just barely hold together.

Gather into a ball, wrap in plastic and flatten into a 4" disc.

Chill for an hour.

When chilled, remove plastic and roll out and press into a tart pan.

Filling

1/2 cup agave syrup or maple syrup
 4 tablespoons softened butter
 3 eggs
 2 tablespoons dark rum
 1 tablespoon arrowroot
 2 cups walnuts
 Zest from half of a Meyer lemon Preheat oven to 375°F

Combine all ingredients, mix well and pour into crust.

Bake @ 350° for 35 - 45 minutes, until set.

Matcha Whipped Cream

1 cup heavy cream
 1 tablespoon maple syrup
 2 teaspoons Matcha powder

Mix a couple teaspoons of the cream into the matcha powder to completely dissolve the powder. Then add to the rest of the cream and whip until almost done. Stir in the maple syrup, then finish beating.



Usucha Nori Rolls

Nori Rolls

2 Nori sheets
 2 cups cooked short grain brown rice
 2 tablespoons green onions (green part only,) chopped fine
 1 tablespoon pickled ginger, chopped fine
 2 tablespoons Usucha tea leaves
 2 teaspoons Matcha Gomashio

Spread the cooked rice over a nori sheet, leaving 2" on the longer edge bare.

Sprinkle the Usucha tea leaves over the rice, then make a stripe of green onion and pickled ginger down the center. Sprinkle with the Matcha Gomashio.

Starting with the rice-covered edge, roll into a tight log. Wet the bare edge and seal.

Cover and set aside, allowing tea leaves to plump up, at least 30 minutes.

With the sharpest knife in your drawer, cut into desired lengths.

Matcha Gomashio

1/4 cup black sesame seeds
 2 teaspoons coarse celtic sea salt
 2 teaspoons Matcha powder

Toast sesame seeds lightly in skillet, being careful not to let them burn. Crush using a mortar and pestle with the salt and matcha powder. This is a nice thing to have on hand when dishing up the meal. It adds a visual accent to foods like butternut squash soup and roasted root vegetables.

Tangerine and Matcha Dipping Sauce

Juice of 1 tangerine
 1 small clove crushed garlic
 1 teaspoon fresh finely grated ginger
 2 tablespoons olive oil
 1 teaspoon soy sauce
 1 teaspoon Matcha powder

Combine all ingredients in a jar, then shake to mix.

The dipping sauce is also good with West Danby Fries (our version of home-made fries, done under the broiler).