



“World Famous”



AIB International
Guelph Food Technology Centre
University of Guelph
Certificate # 250612

“Specialty Tea”

KOKEICHA

(Japanese Green Tea “Formed Tea”)

Country of origin: Japan **Region:** Shizuoka Prefecture **Shipping Port:** Yokohama

Grade: Kokeicha formed tea **Altitude:** 300 - 1000 feet above sea level

Manufacture Type: Steamed green, powdered and extruded

Cup Characteristics: Smooth light liquor with slight green character-tending sweet.

Infusion: Bright golden yellow colour.

Ingredients: Premium green tea

Information:

Kokeicha is a specialty Japanese tea prepared from the fine green tea powder used in tea ceremonies. A special process whereby water is added to the tea powder, kneaded, extruded through a machine (similar to making fresh pasta) and finally dried to result in a “pine needle” like form. Thus Kokeicha translated from Japanese means “formed tea”. Tea has played and continues to play an important roll in Japanese culture and the traditional tea ceremony is still maintained as a ritual to this day. For more than 400 years the tea ceremony or ‘cha no yu’ has been performed following the same 37 steps that govern every move from the arrival of the guests to the washing of the cups. In some phases of the ceremony, the guests may compliment the hostess for the food or in some cases the guest may apologize to the others for taking the first cup of tea. Purists however insist that the only sounds during the ceremony should be those of the utensils touching each other as the tea is prepared and served.

Japanese Green tea contains the following components : (as reported by the Japanese Tea Exporters Association)

- * Theanine: Anti hypertension action - acts as a relaxant enhancing dopamine release in the brain
- * Polyphenols: Anti oxidants (which are known anti carcinogens) compounds found in teas.
- * Flavonoids: Strengthens blood vessels and acts as an anti-oxidant by combating active oxygen
- * Vitamins: Contains: C, B1, B2, Niacin
- * Caffeine: Stimulates activity by reducing fatigue and sleepiness
- * Minerals: Iron, Zinc, Manganese

Hot tea brewing method: The secret is to use water that is about 180°F or 80°C. Place 1 teaspoon in your cup, let the tea steep for about 3 minutes and then begin enjoying a cup of enchantment - do not remove the leaves from the cup. Look at the pattern of the leaves in the brew there may be a Shogun in your future

Alternatively as with all top quality teas, scoop 2-4 tsp. of tea into the teapot, pour in boiling water that has been freshly drawn (previously boiled water has lost most of its oxygen and therefore tends to be flat tasting), steep for 2-4 minutes (to taste), stir (virtually all the leaves will sink), pour into your cup but do not add milk or sugar since green tea is enjoyed ‘straight-up’.

Iced tea brewing method: (1 liter/quart) : Place 6 tsp. of tea into a teapot or heat resistant pitcher. Pour 1 1/4 cups of freshly boiled water over the tea. Steep 5 minutes. Quarter fill a serving pitcher with cold water. Pour the tea into your serving pitcher straining the leaves. Add ice and top up the pitcher with cold water. Garnish and sweeten to taste. [A rule of thumb when preparing fresh brewed iced tea is to double the strength of hot tea since it will be poured over ice and diluted with cold water.]

