



## Matcha

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# Matcha

*Gretha Scholtz*

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176 pages

Présentation de l'éditeur

The kitchen is going green. Matcha is top-quality green tea that has been ground into a fine powder. Traditionally used in the Japanese tea ceremony, it can also be added to many dishes. Now it's your turn to embrace this vibrant green ingredient. Other than the color, what is so special about this powder? The entire tea leaf is ground to make matcha powder, which means all of the beneficial ingredients in green tea like antioxidants and phytochemicals are preserved. It is a great reason to take a closer look at this green trend!

Gretha Scholtz, recipe developer and matcha maven, shows how to use the antioxidant-rich powder in all kinds of dishes. Give ice cream and smoothies a special kick with matcha's earthy-sweet taste. Enjoy energy-boosting breakfasts, delicious main dishes, and a variety of sweets and baked goods even treats can be healthy for you thanks to the matcha in them! *Biographie de l'auteur*

Gretha's love for food began at a young age on her family's farm in South Africa, where the kitchen played a central role in her life. Her travels as a model further fueled her enthusiasm for exploring the cuisines and culinary traditions of other cultures around the world. She is a creator at heart, and besides cooking her talents extend to fashion design, interior decorating and gardening. Her interest in food is second nature to her, and she takes a straightforward yet innovative approach to it, constantly experimenting with fresh, local produce and flavors. An initial flirtation with matcha turned into a full-blown romance after a trip to Japan, resulting in her paying homage to the wonder ingredient in this book. Many hours of research and time in her kitchen have resulted in a sophisticated and contemporary collection of delicious recipes. Her mission is to ignite a spark of love for matcha within each reader.

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