

Enjoy making a bowl of tea!

With a little bit of training you can make a fine bowl of tea and you will find it easier than you thought.

What you need to have



Matcha powdered tea and chasen tea whisk



Matcha chawan or other tea bowl

Café au lait cup



Chashaku bamboo tea spoon or measuring spoon



Cup for cooling of water or measuring cup



Matcha tea sifting can or fine net tea strainer



Chasen tea whisk shape drier

Easy way to make a bowl of tea

① Sifting of matcha tea powder

If you sift the matcha in advance it will dissolve more easily. Put the desired amount of matcha for one bowl into the sifter. Use either a chashaku tea spoon or a measuring spoon to press the tea through the net of the sifter into the prewarmed dry bowl.



② Preparation of hot water

It is important to use soft water. If such is to be bought, please select the softest natural mineral water. Almost all water produced in Japan is soft water. Tap water should be filtered in a water purifier. If you do not have a water purifier you may be able to evaporate eventual chlorine by boiling the water for a while in a pot without lid. Whatever water used, it should be brought to the boiling point at least once and then cooled to the desired temperature.

③ Guideline for making one bowl of tea

(Please adjust the amounts and temperature in accordance with your preferences.)

Amount of matcha

2 scoops by a chashaku, 1 scoop by an ordinary tea spoon or 1 flat measure by the measuring spoon. Approx. 1.5 grams.

Amount of hot water

70 ml (about 2.4 ounce) of previously boiled water. The measuring cup is useful for this.

Temperature of hot water

In winter, pour boiling water into the measuring cup once for a temperature of 75~85°C (167~185°F). In summer, pour boiling water into the measuring cup. To reduce the water temperature pour this water into another vessel and again back into the measuring cup for a temperature of 70~80°C (158~176°F).



④ How to whisk the tea

Place tea in the bowl, add hot water and mix with the chasen tea whisk. Raise then the chasen a little from the bottom and whip vigorously back and forth with the wrist and arm and avoid swivelling the tea around.

When the tea is sufficiently aired and turned into a fine creamy foam, slow down and move the chasen in the surface to remove larger bubbles and to make an even smooth surface.

Finally, turn the chasen slowly around the bowl and lift it carefully from the center to produce a little mound.



By adding some ice cubes, you can turn the warm matcha into a delicious ice tea.



Alternatively, you may obtain a result like this by not whisking so thoroughly.