

The Different Grades of Matcha

Aiya America currently offers two general varieties of pure Matcha to the North American market – Ceremonial Grade Matcha and Cooking Grade Matcha. Each grade is blended with specific uses in mind. Depending on how Matcha is going to be used, which variety is the most suitable changes.

Ceremonial Grade Matcha

Recommend Use(s): Traditional style Matcha

Ceremonial Grade Matcha has the perfect balance of natural sweetness (derived from the amino acid L-theanine) and Matcha astringency (derived from natural tea Catechins). This grade is blended specifically for whisking with hot water and drinking straight. Aiya Ceremonial Grade Matcha is of sufficiently high quality that it can be used in Japanese tea ceremony in its own right.

Ceremonial Grade Matcha is NOT ideal for mixing with other ingredients such as sugar, milk, and foodstuffs to make green tea flavored drinks and desserts. Aiya strongly recommends only using Ceremonial Grades of Matcha for mixing with hot water and drinking straight.

Aiya's Ceremonial Grade Matchas include: Premium Matcha, Ceremonial Matcha, and Organic Ceremonial Matcha. They are available in 30g tins and 100g bags.

Cooking Grade Matcha

Recommend Use(s): Matcha smoothies, Matcha lattes, Matcha confections and recipes.

Cooking Grade Matcha, as its name would imply, is specifically blended for culinary purposes. People often mistakenly believe that the more expensive Ceremonial Grades of Matcha are the best to use for Matcha-based recipes and Matcha-flavored drinks. While Ceremonial Grade Matchas are ideal for traditional preparation and consumption, this is most definitely not the case for cooking.

A good Cooking Grade Matcha has a stronger tea flavor than a Ceremonial Grade. This stronger flavor allows the Matcha to shine through even if mixed with other assertive ingredients such as sugars and milks. While most would consider Cooking Grade Matcha to be too astringent to drink by itself, this grade is best suited for making green tea desserts and beverages such as cookies, cakes, lattes, and smoothies.

Aiya's Cooking Grade Matchas include: Cooking Grade Matcha and Organic Cooking Grade Matcha. They are available in 100g and 1kg bags.

Making Drinks with Cooking Grade Matcha

Since Matcha is the entire green tea leaf ground down into a fine powder, it is very potent; a little Matcha powder goes a long way so you don't need to use much! The two most common unsweetened Matcha drinks you can make with Cooking Grade Matcha are the Matcha Smoothie and the Matcha Latte. For a fun twist on the smoothie you can also add fruits or anything else you prefer!

Pure Unsweetened Matcha Smoothie:

(makes 16 oz serving)

1. Fill a 16 ounce glass to the top with ice and then fill it with your favorite milk (both dairy and non-dairy work well).
2. Pour into blender.
3. Add 1 to 2 teaspoons of Cooking Grade Matcha depending on your preferred intensity of tea flavor.
4. If desired, add sweetener to taste. Blend until smooth.



Pure Unsweetened Matcha Latte:

(makes 8 oz serving)

1. Sift 1 to 2 teaspoons of Aiya Cooking Grade Matcha into a 10-12 ounce latte mug.
2. Mix a small amount of hot water (approximately 1 tablespoon) into the Matcha using a spoon or Matcha whisk, making a smooth paste without any clumps.
3. Add 6-7 oz of steamed milk (both dairy and non-dairy work well) and serve.
4. If desired, stir in sweetener to taste.

