



*From Japan*

# MUSO ORGANIC SENCHA



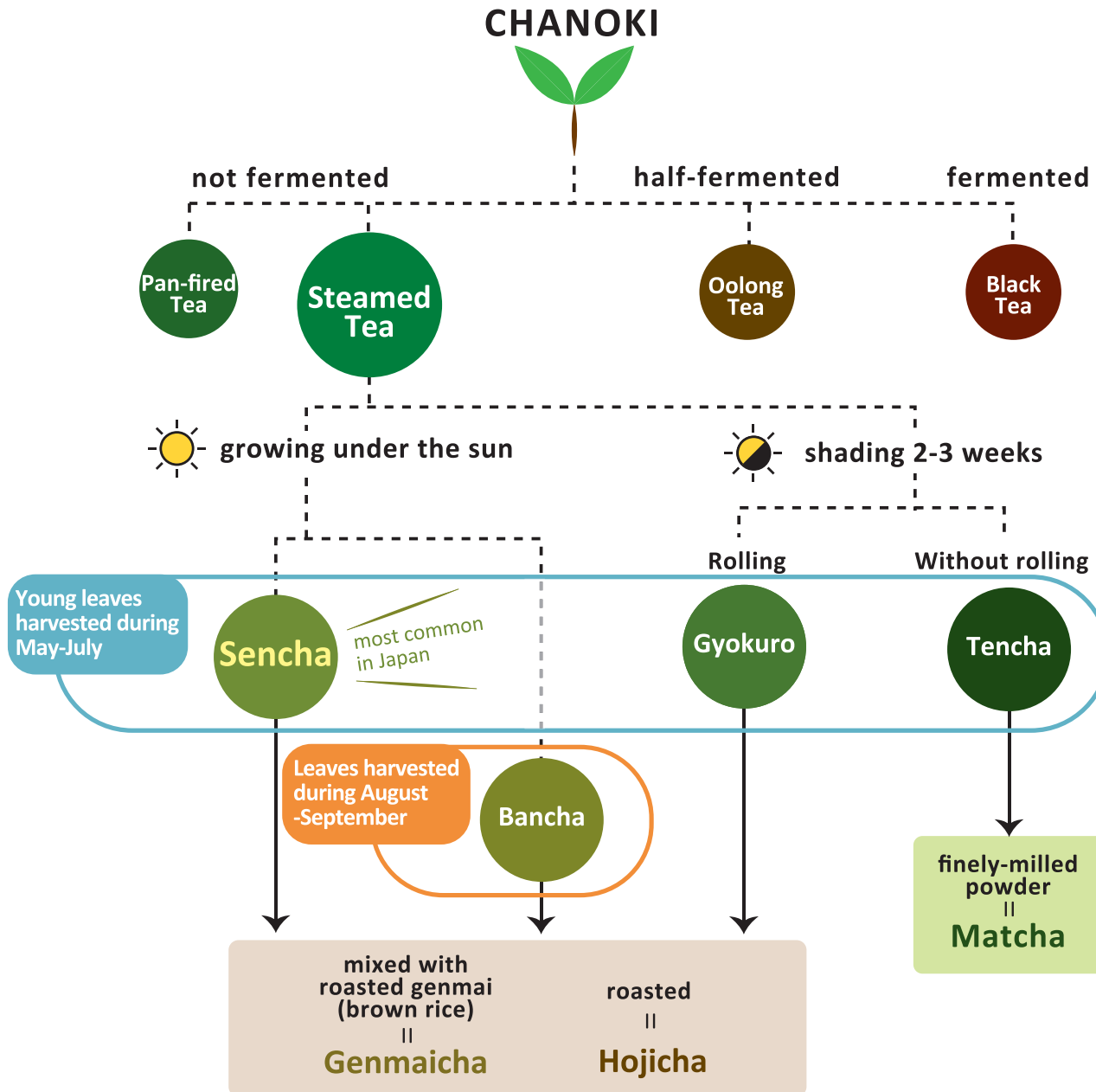
**Manufacturer: Ohmi Seicha ( Shiga Prefecture, JAPAN )**

Established in 1871 Ohmi Seicha is a time-honored Japanese tea manufacturer. There are two qualified Japanese Tea Masters\* at Ohmi Seicha and they have sourced and created tea blends for MUSO for many years.

(\*There are a total 39 qualified Japanese Tea Masters in Japan as of 2021)



# TEAS MADE FROM CHANOKI



Although these teas are all made from the same tea plant called “CHANOKI” [Camellia sinensis], their production is what makes them all unique. Almost all Japanese teas, including Sencha, are steamed the day of harvest to halt oxidation and fermentation. If tea leaves are not steamed (or pan-fried), fermentation continues and the leaves turn dark brownish in color, this process is used for Oolong tea or Black tea.

Providing shade for the tea plants can literally change the type of tea it will become. Sencha tea is made from young and tender leaves grown under direct sunlight. Meanwhile, Gyokuro and Tencha teas are made from shade-grown tea leaves, resulting in more theanine (giving it a sweeter taste) and chlorophyll (enhances the color) than Sencha.

Generally, the harvest season of these green teas is from May to July. Tea made from late harvest leaves is called Bancha, whether it's roasted or not.

## NUTRIENTS IN SENCHA LEAVES

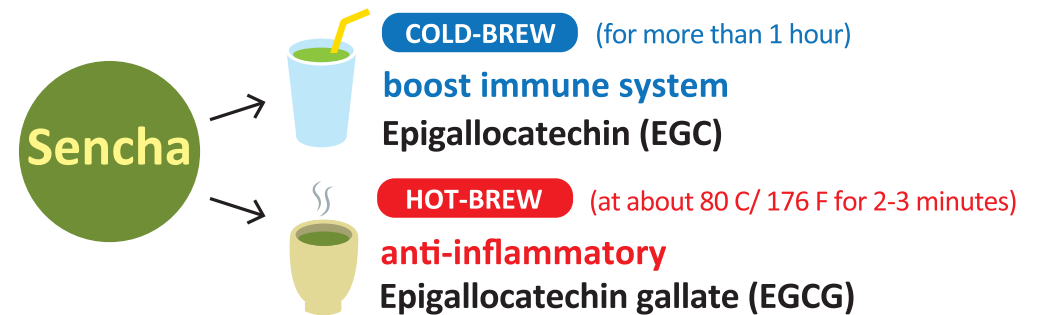
### 【 CATECHIN 】

Tea catechins, a type of polyphenol with a bitter taste, were discovered in 1929 by Dr. Tsujimura at The Institute of Physical and Chemical Research in Japan. Many studies reveals that the Catechins contribute to:

- Maintenance of normal function of immune system
- Protection from oxidative stress
- Maintenance of normal blood cholesterol levels
- Reduction of body fat
- Allergy relief

As tea leaves are exposed to the sunlight, more Catechin is produced. So typically, Sencha contains more Catechin than shade-grown green teas, such as Gyokuro.

There are mainly 4 types of Catechins in Sencha; Epicatechin (EC), Epigallocatechin (EGC), Epicatechin gallate (ECG), and Epigallocatechin gallate (EGCG). All Catechins have shown anti-oxidant effect but EGCG is the highest. Each Catechin is extracted better at a certain temperature. In order to take Catechins effectively, let's drink Sencha hot and cold! There are instructions on how to brew at the last page of this book.



### 【 WATER - INSOLUBLE NUTRIENTS 】

Catechins are water-soluble and taken by tea, however, it is said that 70% of nutrients such as dietary fiber, chlorophyll, protein and Vitamin A & E still remain in tea leaves after brewed.

After enjoying Sencha, please try to cook "TSUKUDANI" with strained tea leaves.

You can read the QR code for the recipe. Also on the next page, we'll show you the ways to use whole tea leaves in recipes to have all goodness from Sencha!

TEA LEAVES TSUKUDANI\*



Here we have a recipe not to waste strained tea leaves!

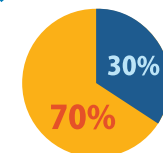
\*preserved food seasoned with soy sauce

#### WATER INSOLUBLE

vitamin A ( $\beta$ -carotene)  
vitamin E  
chlorophyll  
protein  
insoluble dietary fiber

#### WATER SOLUBLE

catechin  
amino acid  
vitamin B, B1 & C  
caffeine  
flavonoids  
mineral  
saponin



■ Sencha tea  
■ Sencha Leaves after straining

## SPECIAL SENCHA RECIPES BY AN ITALIAN CHEF

All recipes were created by the chefs at *ciccino*\*

- *Sencha & Tofu Ravioli with White Miso Sauce*
- *Sencha Aqua Pazza*
- *Sencha & Yuzu Gelato*

“It was the first attempt for me to incorporate Japanese Sencha tea into Italian cuisine, which was actually quite interesting and inspired my imagination! With the grassy scent and the slight bitterness, it can be used like a herb for various dishes, from antipasto to dolce.

It seems Sencha especially goes well with oil / butter, garlic, citrus fruits, apples, and plant-based/dairy milk. Besides the recipes I introduced this time, risotto and steamed dishes using Sencha would be also good.”

by chef Kenta



*\*Chef Kenta and his wife Akane founded their restaurant ciccino in Osaka 7 years ago. They typically source fresh vegetables and fish from Kochi prefecture.*



**ciccino**

3-7-20

Nishitenma,

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530-0047 Japan





## Sencha & Tofu Ravioli

*with White Miso Sauce*

### <filling>

- Tofu (well-drained) – 200g
- Avocado – 1 pc
- Salt – 1/2 teaspoon
- Sencha (finely milled) – 2 teaspoons

### <Wrappers>

- Dumpling or Wonton wrappers – 10-15 sheets

### <Sauce>

- Shiro miso – 30g
- Grain milk (soy, oats, rice) – 80 ml

- ① Mix filling ingredients in a blender until smooth.
- ② Place a tablespoon of filling in the center of wrapper. Lightly wet around the outer edge of a wrapper. Fold in half and lightly press the edges to seal. You could also use a bit more filling and layer a second wrapper or a larger ravioli.
- ③ In a large pot, bring water to a boil. Cook ravioli for 2 - 3 minutes until the wrapper becomes half transparent. Drain well and place on a plate.
- ④ To make sauce, combine miso and grain milk well in a saucepan and heat until warm enough (Do not boil or over-cook!). Pour the sauce over ravioli and serve. Enjoy!





## *Sencha Aqua Pazza*

### <Ingredients>

- Fish (red snapper, salmon, cod etc.)
- Olive oil – 2 tablespoon
- Garlic – 1 clove, chopped
- White wine – 50 ml
- Hot water – 100 ml
- Sencha – 1 teaspoon
- Salt



- ① Sprinkle salt over fish.
- ② Brew sencha in hot water for a few minutes and strain. Set aside.
- ③ Sauté oil and garlic over low-mid heat until fragrant.
- ④ Add fish and white wine, sauté over medium heat until fish is cooked. (Or put it in the oven and grill at 180°C after browning the surface of fish lightly on the skillet.)
- ⑤ Add sencha and brewed leaves to the skillet and cook for a few minutes to make sencha broth. Enjoy!



## Sencha & Yuzu Gelato

### <Ingredients>

- Amazake – 250g
- Plant milk (soy or rice) – 250g
- Beet sugar – 200g
- Yuzu juice – 2 tablespoons
- Sencha – 3 tablespoons
- Hot water – 500 ml

③ & ④



- ① Brew sencha in hot water for a few minutes and strain. Prepare for 400 ml tea.
- ② Mix all ingredients well and pour in a freezer-safe pan and put it in freezer for 30 minutes.
- ③ Take out the pan and thoroughly whisk the mixture, and put it back in the freezer.
- ④ Whisk and return to the freezer every 30 – 45 minutes until the texture becomes nice and creamy (about 3 – 4 hours). Enjoy!





## OUR PRODUCTS



### ORGANIC SENCHA (regular)

An every-day tea for your health. It has a slightly bitter taste and fresh green flavor. Enjoy it hot brew or cold brew!

**Brewing temperature: 80 – 90 °C**

**Brewing time: 1 – 2 minutes**

#### How to Make Hot Brew Sencha

1. Pour 200ml boiled water into each teacup.
2. Put 1TBS (3g) Sencha leaves per person in a tea pot.
3. Return the hot water back into the tea pot from each teacup. Wait for 1-2 minutes for brewing (At this time, the hot water has fallen down in temperature to 80-90 °C).
4. Using a strainer, pour Sencha little by little into each teacup in order to make the flavor equal. Pour until the last drop.

#### How to Make Cold Brew Sencha

1. Put 10 – 15 g Sencha leaves in a glass jar with a lid and pour 1 liter of water.
  2. Let it steep for 2 – 3 hours in the refrigerator.
  3. Pour into glass through a strainer.
- Enjoy it on ice for hot summer!

### ORGANIC ASAMIYA SENCHA (limited edition)

This Japanese tea originates in the Asamiya area in Shiga prefecture. It dates back to the 9th century and is one of the top five prestigious teas in Japan. It is grown in the mountains where the temperature difference between day and night is great, Asamiya tea is a vibrant green color and has a distinctive elegant aroma which reminds us of a deep, beautiful forest. It is sourced from a single organic tea garden in Asamiya.

To enjoy its umami, brew at lower temperature than regular Sencha.

**Brewing temperature: 70 – 80 °C, Brewing time: 1 – 2 minutes**



### CERAMIC MILL FOR TEA

Utilize all catechin and other nutrients of Japanese tea leaves with zero waste! This is a ceramic mill specifically dedicated to Japanese tea leaves. It has a traditional mortar mechanism made of ceramic which is very durable. By slowing grinding by hand the fineness of the powder is adjustable, and the taste and aroma of the tea leaves is perfectly preserved in the powder.



From  Japan

The Curator of Macrobiotic  
& Traditional Japanese Foods

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