

Japan *I*food vol.8

In Japanese cuisine, traditional Japanese sweets are known as Wagashi. It is typically made from plant ingredients.

Information : Lion Oriental Foods Co. and Loi's Eastern Supermart

Japanese Recipes and Tips

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Japanese Recipe - 15

Matcha Kanten

This is a Japanese traditional dessert, and its recipe is really simple and refreshingly delicious.



Ingredients (Serves 5-6 persons)

- 2 teaspoon Matcha
- 1 tablespoon water
- 450ml water
- 50g sugar
- 5g Kanten powder (Agar-agar powder)
- Vanilla ice cream or whipped cream *option

Method

1. In a small bowl, stir together the 2 teaspoon of Matcha with 1 tablespoon of water to make a smooth paste.
2. Boil water, sugar, and Kanten powder together to a rolling boil. Then, simmer for 1~2 minutes while stirring from the bottom of the pot.
3. Turn off the heat, then add the matcha paste into the pot and stir until well mixed.
4. Pour the mixture into a baking pan to set.
5. Once it sets, put it in the fridge to let it chill for 2 hours.
6. Cut into small cubes and enjoy them with vanilla ice cream or whipped cream.



Sandra Gwee

Sake Specialist /
Manager of Lion Oriental Foods Co.
and Loi's Eastern Supermart

Nigori sake is a mashed and unfiltered Sake which is creamy in texture with sweet smooth taste. Umeshu is good to mix as a cocktail and great combination with sweets.



Matcha is a huge trend at the moment and many people have invented lots of ways of taking Matcha to a new level such as Matcha tea, latte, ice cream, cake, cocktail. The list goes on.

Match

Matcha is finely ground powder of specially grown and processed green tea. The traditional Japanese tea ceremony centers on the preparation, serving and drinking of matcha as hot tea. Matcha also is used in Japanese sweets (Wagashi) and incorporated into cooking



Kanten powder

(Agar-agar powder)

Kanten powder is a jelly-like substance, obtained from algae. Kanten powder is a mixture of indigestible polysaccharides agarose and agarpectin, which are composed of galactose molecules, some of which contain sulfur.



This Sake is suited to 'Matcha Kanten'

Ozeki Yuzu Umeshu

The citron flavour and sweet aftertaste is a nice companion to Matcha flavour which slightly bitter. Enjoy it together like a Yuzu Umeshu and Matcha jelly cocktail.

