

TEA TASTING NOTES

IT'S A LONG WAY TO BECOMING A TEA EXPERT.
AND A MARVELOUS TIME GETTING THERE.



The wealth of flavours, colours and experiences that green tea has to offer has always been a fascination for us. Depending on the variety, processing, preparation method and mood, new worlds are revealed with every infusion. Whether you are at the very beginning of your tea journey or have been following it for a while: It is definitely worthwhile to dive into this world, to play with infusion

time and temperature, and perhaps at times to leave your comfort zone or to try out a new tea like Benifuuki, Oolong or black tea.

As a starting point for achieving the ideal tea experience for you, we would like to give you a few tips and hints for preparing green tea on the next page.

WATER QUALITY

Fine tea qualities in particular are strongly influenced by the taste of the water. Low-lime and unchlorinated drinking water, filtered water or good table water is best. We recommend boiling the water to soften it a little and to reduce oxygen, lime and chlorine before using it to prepare your tea.

WATER TEMPERATURE

Before infusing green teas, you should let the water cool down. Only if the water is not too hot will the active ingredients be preserved and the tea can develop its full aroma. If the water is too hot, the tea will develop more bitterness. Recommendations for the respective infusion temperature can be found on the tea packaging.

For premium green teas from the early first picking, cold infusions are also possible, with a brewing time of at least 5 minutes.

DOSAGE

When in doubt, dose the tea a little higher at the beginning - if the tea is then too strong, simply add some water to the finished tea and reduce the amount the next time until you find the ideal dosage for you. If the tea is too light, you will miss out on the best flavours, and it is difficult to make a tea that is too thin stronger afterwards.

INFUSION TIME

The higher the quality of the tea, the longer it may steep during the first infusion. Tea of the first picking should steep for about 40 to 60 seconds, Bancha only for about 30 seconds. For further infusions, the infusion time should be only about 15 seconds, for the last infusion it may be a little longer.

THE LAST DROP

The tea should be emptied to the last drop every time it is brewed, so that the tea cannot continue to steep in the pot and become bitter. It is important that the tea is always freshly prepared. Once it is ready, it should not be kept warm on a teapot warmer or in a thermos flask, as it will soon turn yellow and lose its fresh aroma.

100% INDULGENCE

Not all the nutrients in the tea leaves are actually absorbed when drinking tea, as more than 70% of the valuable and healthy substances do not dissolve in water. While e.g. amino acids, caffeine and catechins are water-soluble, further valuable nutrients and healthy substances such as chlorophyll, carotene and vitamin E remain partially in the tea leaves. So why not also try eating the tea leaves to get all the active ingredients? Simply enjoy the leaves after drinking the tea pure or with a few drops of soy sauce or added to yoghurt, smoothies, soups, salads or pesto!

PRESERVING THE FRESHNESS

Unlike for example black tea, Japanese green tea is very sensitive to heat, light and oxygen. To prevent oxidation through contact with oxygen, KEIKO green tea is packed in an airtight packaging under a protective nitrogen atmosphere. To ensure that the tea does not lose its freshness and active ingredients soon after opening, we recommend that you do not refill green tea into other containers. Instead, for storage, squeeze out the air from the top of the package and store the bag tightly closed in the refrigerator. Once opened, the tea should ideally be used up within four weeks. If the tea is not opened immediately, it can also be stored in the freezer to extend its shelf life.

Find more information and a video on how to prepare Japanese Green Tea at www.keiko.de



Name

Date of tasting

Type

Time

LOT No./ Best before date

Opened on

Picking

Price

Origin/Terroir

Cultivar(s)

Shading



Firing



Steaming



**see legend at the end of the booklet*

PREPARATION

Dosage g /

Infusion

1

2

3

4

5

ml

Time

°C

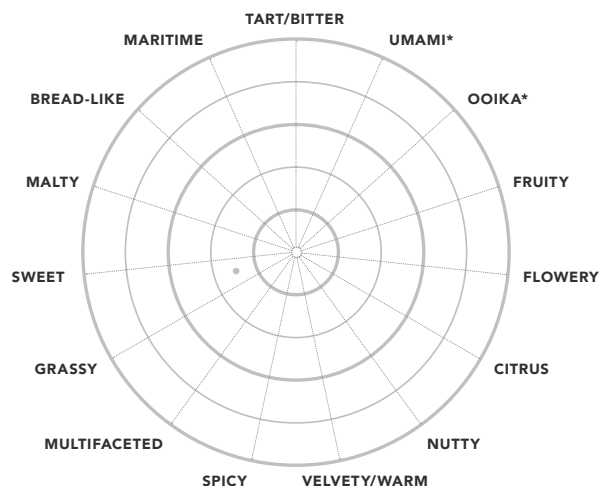
FRESHNESS-BAROMETER

FRESH



OXIDIZED*

AROMA-WHEEL



Cup colour

Aroma

Rating



Notes

LEGEND

Umami

Umami is the fifth flavour in addition to sweet, salty, sour and bitter. It refers to a particularly full-bodied, savory aroma with a long aftertaste. The Japanese name is made up of the characters for 旨 = delicious and 味 = taste/flavour.

Ooika

Half-shade teas from the first early picking period have an increased content of carotenoids, theanine and other fine amino acids, which give the tea an aromatic sweetness and a fruity-green scent. This characteristic aroma is called „ooika“ in technical language, which is composed of 覆い = shading/covering and 香 = aroma.

Oxidation

Through contact with oxygen, green tea loses its fresh aroma and acquires an oxidative note often reminiscent of maritime flavours like seaweed.

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