

HOW TO MAKE THE PERFECT CUP OF **GREEN TEA**



2T GREEN TEA

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By 2T Green Tea – www.2tgreentea.com

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How to Make the Perfect Cup of Green Tea

One of the healthiest, and also one of the most popular, beverages in the entire world, is green tea, and it is this very drink which we'll be focussing on in this short ebook. Green tea has been popular in countries all over the world, for literally centuries upon centuries, and to this day it is still just as popular as ever. It is not only considered a tasty beverage, it's also considered a very healthy beverage, and in some cultures, particularly Chinese, it is actually used for medicinal purposes as it is a key ingredient used in traditional Chinese medicine. Some people drink green tea for the taste, some drink it for cultural and traditional purposes, and some drink it for the health benefits. What you may not have been aware of however, is that there are actually a number of different forms of green tea, each one offering its own unique and distinct benefits, be they health related, taste related, or both. In this article we'll be taking a brief look at the history of green tea, some of the different forms of green tea, some of the main health benefits of green teas, before finally wrapping things up by offering you unique hints and tips on how to brew the perfect cup of green tea.

Where Did Green Tea First Originate?

Although details may vary depending on who you talk to, or indeed where you decide to search for your info, generally speaking, the consensus seems to be that green tea first originated back in ancient China. Some of the earliest references of green tea can actually be traced way back to 2737 BC, with the story going that the Chinese emperor at the time, Shen Nong should actually be credited with discovering this delicious beverage. The story goes that whilst the emperor was relaxing on his lawn with his various servants and advisors on hand, the wind suddenly picked up and began blowing leaves from the various trees and plants in the area. Before going any further, it should be noted that back then, there were no water filters, processing plants, or chemicals designed to make water safe to drink, so the only way of ensuring the water was fit for consumption, was to boil it beforehand. The ancient Chinese also used to consume warm water in this way because they believed it invigorated them, prevented disease, and cleansed their souls.

As far as Shen Nong is concerned, the story goes that he was one day relaxing in his garden, with a fire burning and a fresh pot of water gently simmering away to filter and purify the water. A sudden gust of wind plucked a few leaves from a nearby tea tree, and blew them into Shen's cauldron of simmering water without anybody noticing. Several minutes later, after the leaves had stewed, Shen, still not realising the leaves were in the cauldron of water, drank some of the water, loved the taste, and noticed upon closer inspection that it had actually turned a slightly green colour. He then noticed the leaves in the water and made the connection. It is said that he felt so invigorated and enjoyed the taste so much, that he encouraged all of his people to try some of the water, who also loved the taste and said that they felt better than ever. The main reason for this is believed to be the natural caffeine content of the leaves, which provides mental alertness, fights fatigue, boosts energy, and even boosts brain power.

Overtime, green tea consumption in China became more and more popular, mainly due to the fact that if the beverage was deemed fit for an emperor, it would certainly be deemed fit for everyday folk, with many of them considering it a luxury, in fact.

These days however, green tea is especially popular in Japan, and that is mainly thanks to Japanese Zen Buddhist monks that were stationed in China at the time. These monks actually mastered the art of brewing one particular form of green tea known as matcha, which we'll be learning more about later on. They mastered the art of brewing matcha green tea in this way and when they eventually made their way back home to Japan, the matcha green tea and brewing techniques made their way over with them.

So, now that we know a little more about the ancient history behind green tea, let's now take a look at a few of the different varieties of green tea on offer.

Different Varieties of Green Tea

Remember, not all green teas are created equal, and actually, many of them are strikingly different to one another, with the only real similarities being the trademark and distinctly unique green colour of the tea when brewed. Here's a look at a few of the main varieties of green tea, commonly consumed all over the world.

Dragonwell – Also known as Long Jing green tea, Dragonwell is one of the most popular varieties of green tea in the entire world, especially in countries such as the U.S. It is produced in the Zhejiang province in China, and its leaves once processed are extremely flat and are a deep jade green colour.

Gunpowder green tea – This tea is also produced in the Zhejiang province in China, though don't let the name fool you, it is actually a pretty mellow tea. It gets its name because once it has been processed, the tea actually resembles small pellets of gunpowder, which open up as the tea is being brewed.

Matcha – This is a Japanese green tea that is incredibly popular and strikingly beautiful. Unlike other green teas, matcha green tea is actually powdered, and because of this, it is often used for food making purposes as well as for drinking. The powder is a stunning bright green colour, and is traditionally whisked into water until a froth forms on top.

Sencha – Sencha green tea is another Japanese green tea that is considered the go-to green tea for individuals all over the country. The appearance and quality of sencha green tea can vary greatly, due mainly to the fact that as it is so popular, it is processed and produced all over the country. Ideally the leaves are exposed to direct sunlight, which is pretty unusual for many green teas.

Snowy Mountain Jian – Another Chinese green tea, snowy mountain Jian gets its gorgeous name because it is grown at high altitudes up in the Yunnan province. The leaves of this green

tea are long and slender but it is the processing methods that are especially unique with this green tea. As it is processed differently to most other forms of green tea, the taste is strikingly different and is most comparable to black teas.

What Are the Main Health Benefits of Green Tea?

There are many, many different forms of green tea currently available, and those listed above are just a few. Despite there being so many different varieties however, the one thing that they all have in common, is the fact that they're all very healthy, many of which are healthy for the same reasons as well. Here's a look at just a few of the main health benefits of green tea.

It helps fight and prevent cancer – Green tea is packed full of antioxidants and polyphenols that do the body a world of good. One of the main antioxidants found in green tea is one known as Epigallocatechin Galate, commonly abbreviated to EGCG. EGCG is a highly potent antioxidant which helps to rid the body of harmful carcinogenic toxins and free radicals which can attack our cells and turn them cancerous. Studies have found that EGCG can help protect against a number of cancers, making it very healthy and beneficial indeed.

It boosts immunity – Green tea is full of minerals, antioxidants, vitamins, polyphenols, and much more besides, making it the perfect beverage for boosting our immune systems. The stronger our immune systems become, the fitter and healthier we become by default. This means that not only are we protected against illnesses such as the common cold, we're also protected against more serious conditions such as cancer.

It helps provide energy and mental alertness – Another great benefit of green tea, is that thanks to the caffeine content found within, it is ideal for helping to provide energy and for helping to boost mental alertness and focus. It is also rich in an amino acid known as L-theanine, which actually helps to boost brain health and function by crossing the blood-brain barrier and helping to increase the activity of a form of inhibitory neurotransmitter known as GABA.

How to Make the Perfect Cup of Green Tea

Ok, now we know about the history behind green tea, a few of the different types, and some of the main health benefits, it's now time to learn how to make the perfect cup of green tea.

Soft water – When it comes to brewing the perfect cup of green tea, finding the right water to use is very important. Studies have found that the best water to use is soft water which is low in calcium and various other different minerals. If you use tap water where there's a risk of it including chemicals, before you brew your green tea, you should first boil the water to remove any chlorine and other chemicals commonly found in such water, and then leave it to cool before heating again when required.

That being said, don't focus too much on the water being soft or hard. Remember to enjoy your tea as well.

Never brew for too long – Another great tip for making the perfect cup of green tea, is to never allow the leaves to brew and stew in the water for too long. If you leave them for too long, the taste can become bitter. Ideally, depending on which green tea you use of course, the ideal brewing time is around 2 – 4 minutes, but you may want to vary that according to your tea as well as personal taste.

Get your temperature right – If you're brewing a standard cup of tea, you will probably boil your kettle or teapot, and immediately pour the boiling water over your teabag. With green tea however, if you use boiling water, you can destroy much of the great taste of this very delicate and unique tea as much of the aroma will be drawn out. Ideally, for most cups of green tea, a temperature of around 70 – 80 degrees Celsius (158 – 176 degrees Fahrenheit) is considered perfect.

Choose your ideal green tea – Arguably the most important part of brewing green tea is actually finding a variety that you enjoy the most. Remember, there are dozens upon dozens of different varieties of green tea, so just because one doesn't agree with you, that doesn't mean that the next one won't either. For example, there are people who adore matcha, yet can't stand sencha and vice versa. Experiment with different varieties, until you find your ideal match.

Store it carefully – Another common mistake that people tend to make with green tea, is storing it incorrectly. Most people will store their tea in the kitchen near a window, in an open top container where it will be exposed to directly sunlight, high temperatures, and oxygen itself. Instead, it should be stored in an airtight container, in a cool dark place such as a cupboard. If stored incorrectly, many of the aromatic oils of the tea will actually evaporate.

Use a tea ball – A tea ball is a very simple device, similar to a tea strainer, that is designed to hold the loose tea leaves securely preventing them from floating around in the water you use to brew the tea. Simply add your green tea of choice to the tea ball, close it securely, and then drop the ball into your water and let it steep. After a few minutes, remove the ball, discard the leaves, and hey presto.

Use natural sweeteners – Many cultures consume green tea which has been naturally sweetened with honey, and if you enjoy your tea sweeter, why not go for honey, or another natural sweetener? These natural sweeteners are much safer and healthier than chemical artificial sweeteners, and sugar too for that matter, and they taste nicer in the process, so it's a win-win situation.

More Information on Green Tea

Want loads of great free information on green tea? Visit www.2TGreenTea.com right away, and enjoy.

Enjoy.