

Green Tea Cooking

Traditional Green Tea Cooking

Green tea has been used for cooking from long time ago.

Japanese green tea cooking is not difficult. Cha-meshi(茶飯) Cha-gayu (茶粥)and Cha-zuke(茶漬け)are three of the traditional and popular tea cooking in Japan. Cha-gayu is popular in Nara prefecture. Cha-meshi is still popular in Shizuoka. Most of Japanese eat Cha-zuke. Of course, these are good for health.



Good Idea of Green Tea Cooking

With the provement of benefical functions of green tea for human health, tea cooking is in fashion for the absorption of tea components. Recently, " The Good Idea Green Tea Cooking Contest " have been held for the development of new tea cooking in various places.



" Bush de Noël " like a meat loaf with tea leaves.



" Green tea & paste & crape cake. "



Dumpling of fish meat with tea leaves in a pot.

Grand Prix for The Good Idea Green Tea Cooking Contest.