



Serving Method for Different Type of Japanese Green Tea

Japanese green tea has always had a place in daily life. It has been used to show respect to honored guests at home or in the tea ceremony, and also as a drink to help digestion after meals. Japanese green tea is chosen according to one's mood and the occasion. Generally, Sencha is for everyday use and is found in every household and office, Gyokuro is intended more for valued guests, while Bancha is ready to be enjoyed with the family after a meal.

The most basic tea kits include a tea pot, a water cooler and tea cups. Usually, the smaller the cup, the better the quality of the tea to be served.



General Japanese green tea servining method

Tea	Number of people	Amount of tea leaves	Temperature of the water	Amount of water	Time for steeping	Temperature of tea at time of service	Amount of tea in each cup
Gyokuro (high quality)	3	10 g	50	60 ml	150 sec.	35	12 ml
Gyokuro (ordinary)	3	10 g	60	60 ml	120 sec.	40	13 ml
Sencha (high quality)	3	6 g	70	180 ml	120 sec.	50	50 ml
Sencha (ordinary)	5	10 g	90	450 ml	60 sec.	65	80 ml
Bancha	5	15 g	100	650 ml	30 sec.	75	100 ml
Houjicha	5	15 g	100	650 ml	30 sec.	75	120 ml

For the second service, steeping time can be about 1/3 the normal time, since the leaves have already absorbed a certain amount of water. One teaspoon of tea leaves equals about 5 grams.

Way of Serving Delicious Japanese Green Tea

Sencha(Gyokuro)

- 1 Cool down by pouring the boiled water into tea cups.
(About 5 is cooled by this method)
- 2 Place the tea leaves into the tea pot.
6-10 g for 3-5 people
- 3 Pour the cooled down water into the tea pot
Water temp. 70-90
Steeping time 60-120 sec.
- 4 Serve equally into each tea cup until the final drop is poured.
Serving temp. 50-65

Bancha, Houjicha

- 1 Place the tea leaves into the tea pot.
About 15 g for 5 people
- 2 Pour the proper quantity of boiled water and leave it steeping for about 30 sec.
Be sure to use boiled water.
- 3 Serve into each tea cup equally until the final drop is poured.
Serving temp. 75

Water for Serving Japanese Green Tea

Suitable Water

Low acid light water is suitable for Japanese green tea. From the "Tea sutra:cha-kyou" written in the 8th century by Lu Yu(陸羽), so called the "Saint of Tea", the water used for tea is classified to three types. The best is the pure water obtained from the deep mountains, next from the upper stream of the rivers and the third, from the wells. However, the water quality is influenced by the soil type. In Europe and China, drinking water is limewater. Therefore, Japanese green tea served in Europe or China is not delicious and tastes different from that in Japan.

Non Suitable Water

- Hard water
- Acid or alkaline water
- Water containing high content of chlorine
- Water containing high content of salt
- Water containing high content of iron or manganese.



Vessels for Serving Japanese Green Tea

Kettle, pot, cooling vessel, cups, tea coasters, cloth and tray are used for serving Japanese green tea. The pot and cups influence the aroma and taste of green tea. Usually, ceramic tea pots and cups are used. Tea cups, with white color inside, is preferred to show the color of liquor.

Standard size of tea pots and cups

Tea type	Size of Tea pot	Size of Tea cup
Gyokuro	90 mL	40 mL(small)
Sencha(high grade)	250 mL	100 mL(small)
(middle grade)	600 mL	150 mL(middle)
Bancha and Houjicha	800 mL	240 mL(big and deep)



Standard set of Japanese green tea.



Tea cup selection



Tea pot selection