

# Genmaicha tea

Cuisine: **Japanese**

Food category: **Other**



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## Program steps

1 Gerösteter Reis

Hot air
 100 %
 Termination by time
 00:12 hh:mm
 180 °C
 50 %

## Ingredients - number of portions - 4

Name	Value	Unit
sencha	50	g
popcorn	10	g
puffed rice	10	g
roasted brown rice	20	g

## Nutrition and allergens

Allergens:

Minerals:

Vitamins:

Nutritional value of one portion	Value
Energy	38.8 kJ
Carbohydrate	7.1 g
Fat	0.7 g
Protein	0.8 g
Water	0 g

## Directions

Genmaicha tea is an old typical green tea variety from Japan, consisting of a symbiosis of green tea (Sencha), roasted brown rice with puffed rice, or more modernly, with popcorn. Place rice in a coated GN container and roast in the combi-steamer at 180°C hot air mode at 50% fan speed for about 12 minutes. Allow the roasted rice to cool, mix with the other ingredients, and place in a tea bag. Pour over with boiled water cooled to about 85°C and let steep for about 3 minutes.

Tip: Genmaicha is a variant made from tea as well as roasted and puffed rice. Everyone can now explore their preferences for experiments, such as a combination of white tea, puffed amaranth, and roasted amaranth mint tea; puffed lupins, roasted lupin grits, and black tea; puffed chickpeas or roasted chickpeas. This allows for many fine creations for the guest, providing a unique experience. The most diverse teas can also be incorporated into dishes, such as an amuse-bouche essence of genmaicha with caramelized pork belly and mild vanilla vinegar glaze.