

Genmaicha tea

Cuisine: **Japanese**

Food category: **Other**



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Program steps

1 Gerösteter Reis



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 variant from Japan, which is a symbiosis of green tea (Sencha), roasted brown rice with puffed rice or, more modernly, with popcorn. Put the rice in a coated GN container and let it roast in the combi steamer at 180°C hot air mode at 50% fan speed for approx. 12 minutes. Allow the toasted rice to cool, mix with the other ingredients and place in a tea bag. Pour in boiled water that has cooled to approx. 85 °C and let it steep for approx. 3 minutes.

Tip: Genmaicha is a variant made from tea and roasted and puffed rice. Depending on your needs, everyone can now experiment with their preferences, such as a combination of white tea, puffed amaranth and roasted amaranth mint tea; puffed lupine, roasted lupine meal and black tea; popped chickpea or roasted chickpeas. This creates many fine creations for the guest, with a unique experience. A wide variety of teas can also be incorporated into the dishes, for example as an amuse gueule essence of Genmaicha with caramelized pork belly and mild vanilla vinegar ice cream.