

Matcha Crusted Halibut in a Light Matcha Dashi

Chef Candice Kumai

Serves 4-6



1 1/2 lb fresh halibut or cod

1 pack of 8-10 oz of buckwheat noodles, cook according to the directions on the package

Dry Ingredients: For the Pistachio Matcha Crust

3/4 cup raw pistachios

1 tablespoon matcha powder, Ito En Matcha LOVE™

1/2 teaspoon sea salt

Matcha Dashi Ingredients:

7-8 cups water

4 large stalks of kombu

1 teaspoon matcha powder, whisk in before service, make sure all matcha powder is dissolved

Coconut oil spray (unrefined)

Sea salt to taste

Directions:

Soba Noodles

1- Cook off your soba noodles, strain with cool water and set aside.

For the Matcha Dashi:

1- In a medium saucepan over medium heat, add your water and kombu, and lightly simmer for approx. 45 minutes to 1 hour.

2- Whisk in matcha tea powder until all is dissolved right before service.

For the Pistachio Matcha Crust:

- 1- Place all dry ingredients into a food processor, pulse until it resembles a crust, not into a powder. Transfer to a shallow dish,
- 2- Prep your fish, portion out into 4-6 servings, spray with coconut oil & crust the flesh side of the fish with the pistachio crust in a shallow dish. Dust with sea salt.
- 3- Lightly coat a stainless steel sauté pan with coconut oil spray. Place over medium heat. Add in your fish and cook until firm to the touch.

Plate up/To Serve:

- 1- Place one serving of cooked soba noodles into each bowl, ladle with 1-2 ladles of matcha dashi, when fish is all cooked, remove from heat and place on top of the noodles.

Serve hot with a dust of extra matcha or pistachio crust. Enjoy!

Matcha Green Tea Ice Cream

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Serves: 4 / Prep Time: 5 minutes(plus 30 minutes freezing)



- 1 14-ounce can light coconut milk
- 2 teaspoons green tea matcha powder (like Ito En or matcha LOVE®)
- 1 cup unsweetened almond milk
- 2 tablespoons organic sugar (or agave nectar)
- Fresh lavender, optional
- Fresh organic rose petals, optional

1- Combine the coconut milk, matcha powder, almond milk, and sugar in a blender until smooth. Place the mix into the freezer for about 30 minutes to chill.

2- Add the chilled mixture to an ice cream maker and mix until ice cream forms (approx 15 to 20 minutes). Using a spatula, remove ice cream from your maker, and place into an air-tight container. Place the container back into the freezer for at least 30 minutes, or until it reaches the desired consistency. For a firm ice cream, transfer to an airtight container and freeze for at least 2 hours. The ice cream will last for up to a month in the freezer.

3- To serve, add 1 large scoop or 2 small scoops to a bowl and garnish with rose petals and lavender, etc. if desired. You can also top with shaved dark chocolate, blueberries, mint, and toasted coconut.

The Green Matcha Tea Smoothie

Wakie-wakie with this super-delicious smoothie, and head out for a meditation or yoga session. I highly recommend cleansing all areas of your life: mental, physical, and spiritual. The antioxidant boost from matcha green tea will get you there and through the day!

SMOOTHIE > baby spinach, banana, matcha, bee pollen | SERVES 2

1½ cups coconut water or unsweetened ITO EN green tea
2 cups baby spinach
1 frozen banana
2 teaspoons ITO EN's Matcha LOVE® green tea powder
1 teaspoon bee pollen
1 cup ice

Add ingredients into a blender and blend until smooth.



A new book by Candice Kumai.

Available at Amazon, Barnes and Noble, & Indie Bound Books.

Clean Green Drinks is a guide to a leaner, happier, and cleaner you. With more than 100 perfectly balanced, delicious drink recipes, made with real ingredients like ITO EN teas and Matcha LOVE® green tea powders. *Clean Green Drinks* will help you to cleanse and detoxify with more nutrients and less calories!

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matcha LOVE®

Matcha is cultivated from shade-grown green tea leaves that have been meticulously milled into a fine powder. It can be enjoyed in a variety of ways—from a traditional warm cup of matcha, to iced or blended drinks, and even as an ingredient for baking or cooking. Feel free to experiment and create your own take on this classic tea that offers the full benefits of the tea leaf.



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