

# The Matcha Home Barista Guide

Make a café-grade matcha latte at home

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Good matcha is smooth, sweet, and vibrant green — not bitter and gritty. The difference is grade, technique, and water temperature. This guide gets you a great cup every time.

## Buy the right matcha

- Ceremonial grade for drinking straight/lattes; culinary grade for baking.
- Look for vibrant green (not dull/yellow), from Japan (Uji, Nishio), shade-grown.
- Buy small tins and keep sealed in the fridge — matcha oxidizes fast.

## The technique

- Sift 1-2g (½-1 tsp) matcha to kill clumps.
- Add ~60ml water at 70-80°C (NOT boiling — boiling makes it bitter).
- Whisk in a 'W'/zig-zag motion with a bamboo chasen until frothy, ~15-20 sec.
- For a latte: pour over steamed/frothed milk; add a touch of honey if you like.

## Troubleshooting

- Bitter: water too hot or too much powder. Cool the water, use less.
- Clumpy: didn't sift. Always sift.
- Dull flavor: stale or low grade — freshness and origin matter most.

## Insider glossary

**Ceremonial grade** — Highest grade, meant for drinking straight.

**Chasen** — Bamboo whisk used to froth matcha.

**Usucha** — Thin/everyday matcha preparation.

**Shade-grown** — Growing method that boosts the green color and umami.

## Starter checklist

- Ceremonial-grade matcha
- Bamboo chasen
- Small sifter
- Thermometer or kettle w/ temp

☐ Milk of choice

**But first, matcha — tee at [l5d0.com/shop/matcha/](https://l5d0.com/shop/matcha/)**