



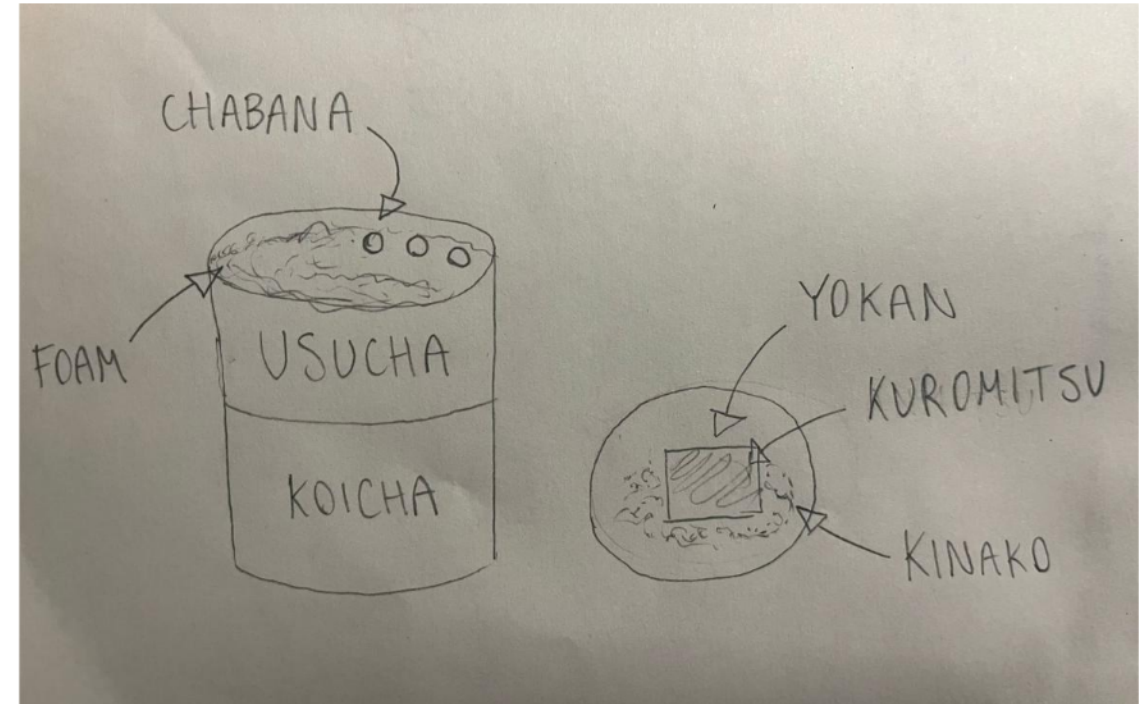
Note by Note Cuisine

*Japanese Tea Ceremony:
Matcha Drink with Yokan Side Dish*

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Initial Concept Ideation

- **Aim:** theme of reducing costs, time, and calories, while maintaining flavor
- Creation of a unique, innovative dish, focusing on sensory attributes and reflecting personal background



Recipe Development

- Changes in presentation, method, and ingredients
- **Sensory evaluation:** average rating of 3.5/5, highly scored in appearance and flavor



Final Dish

Ingredients

Ingredient	Form	Compounds
Matcha	Powder	Powdered matcha green tea (C) - Epigallocatechin gallate (EGCG), Catechins, Caffeine, L-theanine, Chlorophyll
Spirulina	Powder	Phycocyanin, Chlorophyll-a, Amino acids
Xanthan Gum	Powder	Polysaccharide
Sucralose	Powder	Sucrose
Pure Whey Protein	Powder	β -Lactoglobulin
Lecithin	Powder	Soy lecithin powder (E-322) - phosphatidylcholine (PC), phosphatidylethanolamine (PE), phosphatidylinositol (PI), phosphatidic acid (PA), triglycerides
Calcium Lactate	Powder	Pure
Sodium Alginate	Powder	β -D-mannuronic acid (M), α -L-guluronic acid (G)
Yellow Food Coloring	Gel	Tartrazine (E102)
Red Food Coloring	Gel	Allura Red AC (E129)
Orange Food Coloring	Gel	Sunset Yellow FCF (E110)
Brown Malt Extract	Liquid	Maltose, Dextrins, Glucose
Flower Flavoring N.6	Liquid	Pure
Peach Flavoring N.10	Liquid	Pure
Almond Flavouring N.1	Liquid	Pure
Popcorn Flavouring N.1	Liquid	Pure
Vanilin	Liquid	Pure
Agave Syrup	Liquid	Fructose, glucose
Agar	Powder	Agar (E406) - polysaccharides
Maltodextrin	Powder	Polysaccharide
Coconut Oil	Solid	Triacylglycerols (TAG)

Recipe

Matcha Drink

Koicha:

- 150ml water
- 4g matcha powder
- 1.5g xanthan gum
- 1g spirulina powder
- <0.1g sucralose

Usucha:

- 150ml water
- 1.5g matcha powder
- 1g whey powder
- 0.5g xanthan gum

Foam:

- 210ml water
- 18g whey powder
- 3g lecithin powder
- 0.7g xanthan gum
- <0.1g sucralose

Chabana:

- Calcium bath:
- 500ml water
- 5g calcium lactate
- Sodium alginate spheres:
- 99ml water
- 1g sodium alginate
- 0.1g sucralose
- 1 drop yellow food coloring
- 6 drops flower flavoring
- 1 drop red food coloring
- 6 drops peach flavoring

Yokan Side Dish

Yokan:

- 400ml cold water
- 5g agar
- 3 drops vanillin

Kuromitsu:

- 10ml agave syrup
- 2 drops brown malt extract
- 2 drops almond flavoring
- 2 drops popcorn extract
- 2 drops cold water

Kinako:

- 10g maltodextrin
- 1.5g unflavored coconut oil
- 2 drops almond flavoring
- 2 drops popcorn flavoring
- 1 drop orange food coloring
- 2 drops cold water



Final Dish Production

Conclusion

- **Nutritional analysis:** 199kcal per serving, with 19g carbohydrates, 17.5g protein, and 5.6 fat
- **Production cost:** <€4.05
- **Production time:** 30-45min
- Achievement of theme

