



Nokcha

Green Tea | 녹차



<https://koreancuisine.net>

A traditional Korean tea ceremony (*dado*) method for brewing green tea that focuses on carefully warming the teaware, meticulously controlling the water temperature, and thoughtfully distributing the tea. By letting boiling water cool slightly before steeping, you extract a delicate, savory umami flavor and fresh aroma without any harsh bitterness. The mindful technique of pouring back and forth ensures that every guest receives a cup with the exact same beautiful color, temperature, and depth of flavor. It is a meditative, soothing ritual perfect for finding a moment of calm.

 **Total: 10 mins** | **Prep: 5 mins** | **Cook: 5 mins** |  **Moderate** | 
Delicate & Savory Umami |  **Meditative Tea Ritual**

Ingredients (3-4 servings)

- **Main Ingredients:** 20g loose-leaf green tea (*Nokcha*), 6 cups water

Substitutes & Notes

- **Water** → Filtered or spring water is highly recommended over hard tap water for the purest tea flavor.

Allergy Information

(Fully Vegan & Vegetarian-friendly)

Equipment

- Kettle, Teapot (*Dagwan*), Small Teacups (usually 3-5)

Cooking Instructions

1. **Warming the Teaware:** Bring water to a rolling boil (100°C) in a kettle. Pour a small amount into the teapot and each teacup to pre-warm them. Swirl the hot water around for a moment, then discard it.
2. **Cooling & Steeping:** Let the boiled water cool down to about 60–70°C (140–158°F). Pour the cooled water into the warmed teapot, add the 20g of loose green tea leaves, and let it steep gently for 2–3 minutes.
3. **Pouring (Balancing the Concentration):** Once steeped, do not fill one cup all at once! Starting from the leftmost cup, pour only half (1/2) of the desired amount into each cup sequentially. Once you reach the last cup, reverse the order and fill the remaining half in each cup as you go backwards. This traditional reciprocating pouring method guarantees uniform taste, temperature, and color across all cups.

💡 Cooking & Pairing Tips / Health Benefits

- **The Magic of Water Temperature:** If you pour boiling water directly over green tea leaves, they will essentially "cook," releasing a harsh, astringent, and bitter taste. Steeping them in warm water (60–70°C) is the absolute secret to gently coaxing out the tea's natural sweetness and savory umami compounds (amino acids).
- **The Wisdom of Back-and-Forth Pouring:** Inside the teapot, the tea at the very bottom is always much stronger than the tea at the top. The traditional method of pouring back and forth in a zigzag motion is a beautiful act of hospitality, ensuring no single guest gets a weak cup while another gets a bitter one.
- **The Second Steep:** After enjoying your first brew, try steeping the same leaves a second time! For the second infusion, use slightly hotter water and a shorter steeping time. You will discover a surprisingly clean and crisp flavor profile that beautifully contrasts the first cup.

Nutrition Facts (Estimated)

Total Content : Approx. 250ml (1 serving, brewed liquid only)

Calories : 2 kcal

– Sodium : 0mg

– Total Carbohydrate : 0.5g

– Sugar : 0.0g

– Total Fat : 0.0g

– Saturated Fat : 0.0g

– Cholesterol : 0.0mg

– Protein : 0.1g

– Calcium : 1.0mg

*Daily Values are based on a 2,000 calorie diet and standard Korean nutritional reference values

**Nutritional values are calculated based on the original ingredients, not substitutes

The Serene Lyricism of Jade Infusion and Thermal Restraint in Traditional Tea Aesthetics

Nokcha (Green Tea) stands as the most refined and transcendent peak of traditional Korean tea gastronomy (*Dado*), where tender green leaves—infused with the pristine vitality of the earth—surrender their delicate essence into the tranquil embrace of tempered water. By dedicating the roaring heat of boiling

water to pre-warm the teaware, and introducing the leaves only when the water gently cools to 60–70°C, the brew effortlessly transcends harsh bitterness to coax forth a profound, umami-rich amino acid profile.

The two to three minutes of quiet patience as the tea leaves unfurl within the pot (*Dagwan*) represent a meditative pause, aligning one's senses with the deliberate pace of nature. The ancestral wisdom of fractional, alternating pouring—filling each cup halfway before reversing the sequence—transcends aesthetic elegance. It ensures an equitable balance of temperature, color, and solute concentration across every vessel, embodying the highest standard of mindful hospitality.

True gastronomy does not pursue aggressive stimulation; it flourishes in the serene encounter with an ingredient's purest soul through calculated temperature and patient devotion. Cupping the delicate jade-hued porcelain with both hands today is a tranquil ritual of renewal—silencing modern clamor and replenishing the spirit with lucid, crystalline vitality.

Editor's Review

1. A Luminous Jade Hue, Silky Theanine Umami, and the Pristine Resonance of Fresh Greens

The moment the pale emerald brew graces the palate, its gentle, soothing warmth washes across the tongue, delivering an elegant, brothy savory sweetness characteristic of natural botanical amino acids. As the crisp, refreshing bouquet of young spring shoots awakens the senses, a delicate trace of natural astringency lingers on the finish, cleansing the palate and orchestrating an endlessly refreshing, multi-layered sensory pleasure.

2. Low-Temperature L-Theanine Extraction Kinetics and Hydrodynamic Solute Balancing

Traditional green tea brewing represents an exacting study in extraction kinetics and fluid thermodynamics. Maintaining water temperature strictly between 60–70°C suppresses the excessive release of harsh, bitter catechins (such as EGCG) and astringent tannins, while selectively accelerating the dissolution of sweet L-theanine and glutamic acids. The technique of back-and-forth fractional pouring dynamically counters the vertical density stratification of solutes within the teapot, securing identical chemical concentration, temperature, and optical brilliance in every cup.

3. Meditative Respite in the Tea Room and the Grounding Solace of Lucid Tranquility

The gentle cadence of water flowing from the clay pot into porcelain serves as an intimate sanctuary, washing away daily tension and overstimulated thoughts. Revered for centuries by Zen scholars and poets to cultivate clarity and inner discipline, partaking in this pristine green infusion clears away mental fatigue, granting a timeless sanctuary of stillness, emotional rejuvenation, and lucid vitality.

