



RECIPE

RECIPE TITLE

raw matcha-buckwheat porridge

FOR

1 person

FROM THE FEATURE

christmassy matcha in the morning

CONTRIBUTOR

Claudia Gödke
▶ www.claudiagoedke.com/

SISTERMAG

N°16

INGREDIENTS

100 g buckwheat groats

1 tsp lemon juice

1 banana

1 tsp Matcha powder

1/2 vanilla bean, seeds scraped

50 ml milk or almond milk

agave syrup, to taste

STEPS

Combine buckwheat groats and lemon juice in a bowl, cover with warm water und let soak over night. (7-9 hours)

Drain and rinse the soaked buckwheat groats very well.

In a blender or food processor blend the buckwheat groats, banana, vanilla bean seeds, matcha powder and milk. Sweeten to taste and serve with fresh fruit and coconut milk.



RECIPE

RECIPE TITLE

**baked pears with
matcha-vanilla-sauce**

FOR

2 persons

FROM THE FEATURE

christmassy matcha in the
morning

CONTRIBUTOR

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N°16

INGREDIENTS

- 2 pears
- 2 tbsp honey
- 25 g walnuts, chopped and roasted
- 30 g dried cranberries
- 200 ml milk
- 1 tbsp sugar
- 1 vanilla bean, seeds scraped
- 1 tbsp starch
- 1 tsp matcha powder

STEPS

Preheat oven to 180°C. Line a baking sheet with baking paper. Cut the pears in half, scoop out the seeds using a teaspoon and place the pears on the baking tray. Drizzle with honey and bake for 20-30 minutes.

For the vanilla sauce whisk together 6 tbsp milk, starch and matcha powder, set aside. In a saucepan combine the rest of the milk, vanilla bean seeds and the sugar. Bring to a boil. Add the starch-matcha-mix and continue to cook for a minute, stirring constantly until the sauce starts to thicken.

Remove pears from oven and serve with the matcha-vanilla-sauce, walnuts and cranberries.



RECIPE

RECIPE TITLE

cardamom-matcha-latte

FOR

1 person

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INGREDIENTS

1/2 tsp matcha powder

50 ml warm water

200 ml milk or almond milk

2 cardamom pods

1-2 tsp agave syrup

STEPS

Break up the cardamom pods using the blade of a knife. Combine milk, cardamom pods and agave syrup in a saucepan and bring to a boil.

In the meantime place matcha powder in a bowl, add water and using the bambus whisk, whisk rapidly until the tea is dissolved.

Strain the milk through a sieve and combine milk and matcha-tea in a cup.



RECIPE

RECIPE TITLE

**banana-matcha-breakfast
bowl**

FOR

1 person

FROM THE FEATURE

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INGREDIENTS

1 tsp matcha powder

2 bananas

3 tbsp desiccated coconut

STEPS

Peel the bananas and break them into pieces in a bowl. Using a fork mash them, add matcha powder and desiccated coconut and keep mashing and mixing until the matcha and coconut are incorporated.

Serve with fresh fruit and chopped nuts!



RECIPE

RECIPE TITLE

**Matcha Christmas stollen
(German fruit cake with
matcha)**

FOR

1 loaf of approx. 15 slices

FROM THE FEATURE

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morning

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INGREDIENTS

- 1 tbsp matcha
- 1/2 cube of yeast
- 50 ml milk
- 50 g slivered almonds
- 50 g dried apricots
- 50 g candied lemon peel
- 125 g quark (curd cheese) 20% fat
- 4 tbsp sugar
- 300 g spelt flour
- 50 g butter
- 2 tbsp sunflower oil
- 1 egg
- 1 pinch of salt
- 30 g melted butter

STEPS

Carefully heat the milk in a pot and add yeast, string until it has dissolved.

Finely dice the apricots and combine with slivered almonds and candied lemon peel.

Mix flour, sugar, salt, egg, quark, butter and oil in a big bowl. Add yeast-milk mixture and knead into a smooth dough using a hand-held mixer with kneading hooks.

Add almonds, lemon peel and apricots and mix well.

Place half the dough into a bowl, cover with a kitchen towel and leave to rise in a warm place for an hour.

Add matcha powder to the other half of the dough and blend well. Place dough into a bowl, cover with a kitchen towel and leave to rise in a warm place for an hour.



CONT.

Preheat the oven to 180°C (356°F). Line a baking tray with parchment.

Knead both dough balls again briefly forming the light part into an oval placing it on the lined tray. Knead the matcha dough into a roll and place it on top of the light dough folding the sides up to cover the roll and make the typical stollen shape.

Bake loaf for 40 to 50 minutes, remove from heat and cover with melted butter. Let cool and top with icing sugar.

Keep in an airtight container.



RECIPE

RECIPE TITLE

Crescent vanilla-matcha biscuits

FOR

about 50 biscuits

FROM THE FEATURE

christmassy matcha in the morning

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INGREDIENTS

3 tbsp matcha

200 g butter, room temperature

90 g sugar

1 vanilla pod

250 g flour

150 g ground almonds or hazelnuts

1 cup fine sugar mixed with some finely grated orange rind

STEPS

Preheat oven to 170°C (340°F), line a baking tray with parchment and set aside.

Beat the butter with a hand-held mixer until creamy, add matcha, vanilla pulp, sugar, flour and ground nuts and blend well.

Cover the dough in cling film and refrigerate (best overnight).

Remove dough from fridge 30 minutes before proceeding by kneading it again. Take one half of the dough and roll it into a roll of roughly 4 cm (1.6") diameter. Cut off a 1 cm (0.4") slice from which to form crescent shaped biscuits to place on the parchment.

Bake biscuits for about 10 minutes until golden-brown, remove from oven and let cool for 3 minutes then roll in orange sugar.

Keep in an airtight container.



RECIPE

RECIPE TITLE

White chocolate matcha fudge

FOR

about 80 to 100

FROM THE FEATURE

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N°16

INGREDIENTS

4 tsp matcha

900 g white chocolate

1 can sweetened evaporated milk
(397 g)

170 g fat free cream cheese

Chopped cranberries and pistachios for decoration

STEPS

Line an oven dish (30 x 22 cm / 12" x 9") with parchment and set aside.

Prepare a water bath by filling a large pot to about 1/3 with water and putting it on the burner. Carefully heat the water and place a large metal or glass bowl in it.

Chop the chocolate into small pieces and add those to the bowl. Add evaporated milk and cream cheese and continue stirring while the chocolate melts. After about 10 minutes the chocolate should have melted thoroughly. Fill half of the fudge mixture into a bowl, add matcha and stir well. Pour the matcha fudge into the dish, spread evenly and refrigerate for about half an hour.

Lower the heat on the burner and keep stirring the remaining fudge regularly while the dish is in the fridge. When the matcha fudge has cooled slightly, carefully pour the remaining fudge on top



CONT.

of it. Add cranberries and pistachios.

Refrigerate fudge for at least 6 hours (better overnight) to let it set.

Cut fudge into even pieces using a sharp knife and keep them refrigerated in an airtight container.