



The Book of Green Tea

Christine Dattner, Sophie Bousabba

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"I hold a bowl of tea in my hands. In its green color I can see all of nature. I close my eyes to contemplate the hills and the pure water running in my heart."

Sen Soshitu (Japanese Poet)

While green tea is increasingly fashionable in Western societies, it is also now being recognized for its medicinal qualities that have been known in Asia for centuries....

Not only does this book contain exciting tea recipes by top chefs (for example, "Long Ching" green tea lobster, green tea sorbets and cocktails), it also has a section devoted to green tea health and beauty tips. It is thus sure to delight gourmets and health enthusiasts alike.

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