

DATTAN SOBA TEA 韃靼そば茶

(Tartary Buckwheat Tea)

A Refined Infusion of Japanese Craft

From the Terroir of Bungotakada, Perfected through Japanese Roasting



Yamashiroya Co., Ltd.

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1. The Essence of Dattan Soba Tea

Dattan Soba Tea — known internationally as *Tartary Buckwheat Tea* — is a naturally caffeine-free infusion crafted from the whole roasted kernels of tartary buckwheat. Traditionally, tartary buckwheat was one of the few crops able to grow in harsh climates where common buckwheat could not, but its intense bitterness made it unsuitable for regular consumption. Several decades ago, the specialist roasting facility entrusted by **Yamashiroya** to process its tartary buckwheat obtained a patent for tartary buckwheat roasting, paving the way for a breakthrough in flavour. In 2013, the world's first tartary buckwheat variety that retains its exceptionally high rutin content without developing bitterness — “**Manten Kirari**” — was developed in Japan. This unique Japanese cultivar, available nowhere else in the world, makes it possible to enjoy **Dattan Soba Tea** with a **refined, nutty depth and remarkable smoothness, offering a richer profile** than regular soba tea made from common buckwheat.



In Japan, Soba is far more than an ingredient — it is a celebrated part of culinary culture. From the art of handmade soba noodles prepared by dedicated artisans, to seasonal traditions in both rural and urban dining, Soba embodies refinement, skill, and a deep connection to the land. This cultural heritage inspires the way we approach Dattan Soba Tea today.



2. Terroir of Bungotakada – The Soul of YAMASHIROYA

YAMASHIROYA is a seventh-generation, family-run company founded in Ansei 6, about 160 years ago, originally established as a sake brewery and still based in Oita Prefecture, Japan.

From **Bungotakada** in Oita, Kyushu — a region blessed with exceptionally pure spring water, mineral-rich volcanic soil, and a mild, temperate climate — our Dattan Soba is **cultivated without pesticides** by skilled growers who honour both the land and the crop, then roasted in an **ISO 22000-certified factory** to preserve its quality and flavour. This landscape, shaped by clean air and fertile fields, benefits from seasonal rains that nourish the soil and replenish the natural water sources, creating ideal growing conditions.

Bungotakada's climate is unique in Japan, allowing for **two harvests each year**, unlike other areas such as Hokkaido or Nagano. Of these, the **spring harvest produces an especially refined and delicate Dattan Soba Tea**, a rarity found only here. The region is also known for its commitment to sustainable agriculture, promoting pesticide-free cultivation as part of its local ethos.

Generations of care and meticulous roasting bring forth an infusion of **golden clarity, warm toasted aroma, and refined nutty depth**. Naturally rich in **rutin** — a powerful plant antioxidant — it offers a harmonious balance of flavour, wellness, and versatility, making it a quietly distinctive addition to the modern culinary repertoire.



3. Taste & Service Notes

Naturally **caffeine-free**, with a warm, toasty aroma and a golden, clear infusion, Dattan Soba Tea is as versatile as it is distinctive.

Hot Service

- **Single cup (250ml):** 2.5–3g (approx. 1.5–2 level tsp)
- **Teapot for two (400–500ml):** 5g (approx. 3–3.5 level tsp)

Use freshly boiled water at **95–97°C** for rich aroma, sweetness, and a rounded flavour. Brewing at **98°C or above** intensifies the toasty fragrance without introducing bitterness. Cover while infusing to retain aroma:

- **2 min:** Fragrant and clean tasting
- **3 min:** Fuller body and sweetness

Simmered brew (1L): 10g — bring to a boil, then simmer gently for **3–5 minutes**

- **3 min:** Light and clean
- **5 min:** Richer and fuller

Cold Service

- **Cold brew (1L):** 12g roasted kernels
- Infuse in room-temperature water for 1–2 hours for a clean and refreshing flavour.
- For a deeper aroma and smoother body, refrigerate and steep for 6 hours or overnight.
- Serve as a refined non-alcoholic pairing for tasting menus or as a premium iced tea.



Culinary Applications

Chefs have begun exploring Dattan Soba Tea not only as a refined infusion, but also as a versatile culinary ingredient. It can be used in many ways — as a delicate garnish, in coatings, soups, sauces, grain dishes, fresh pasta, pâtisserie, and in vegan cuisine.

In practice, chefs have used it:

- As a coating for deep-fried dishes, creating a golden crust with a distinctive crisp and toasty character.
- Infused into consommé or clear broths for ravioli, where it adds both depth and intrigue.

Zero-Waste Approach:

After brewing, the softened kernels can be repurposed in creative ways, extending their value beyond the cup. Chefs may fold them into crusts for fish or poultry, blend them into vegetable terrines or handmade pasta for added texture, or incorporate them into desserts such as biscuits or cakes. In this way, every part of the ingredient is fully utilised, aligning naturally with sustainable kitchen practices. This ensures the ingredient is fully utilised, aligning with sustainable kitchen practices.



4. Health Value

Dattan Soba Tea is naturally **caffeine-free**, **gluten-free** and **calorie-free**. What makes it distinctive is its exceptionally high content of **rutin** – a plant-derived antioxidant found at levels around **100 times greater than in common buckwheat**.

Potential benefits of rutin include:

- Support healthy blood circulation
- Help reduce inflammation
- Contribute to stable blood sugar balance
- Protect cells from oxidative stress

This balance of gentle flavour and natural wellness value makes Dattan Soba Tea an appealing choice for health-conscious diners and premium hospitality settings.

References:

- Support healthy blood flow and blood vessel strength — recognized for improving circulation and capillary health (general observations) hollandandbarrett.com.
 - Provide antioxidant and anti-inflammatory effects — suggested by laboratory reviews to combat oxidative stress and inflammation pmc.ncbi.nlm.nih.gov.
 - Offer broader protective benefits — emerging research notes rutin's supportive role in cardiovascular and metabolic well-being, among others MDPI.
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5. Formats & Trade Information

- **Loose Roasted Kernels:** 500g / 1kg (sealed bag)
- **Tea bags** and **Bulk** options available
- **Shelf life:** 2 years at room temperature
- Processed in an ISO 22000-certified facility in Japan



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UK trade representation available.