



C O F F E E



Drink & Food
for good health
satisfying taste !

Coffee a heavenly stimulating drink

Coffee a brewed drink prepared from roasted seeds of the coffee-plant. Coffee is made from the dried, roasted, seeds of the coffee tree, most often grown in hot, wet climates along the equator. There are 2 main varieties of coffee beans. Robusta beans have a strong flavor & full-body. Arabica beans grow at a higher altitude & have a smoother flavor & more aromatic qualities.

Once picked & dried, coffee beans are roasted at around 200°C. This allows the sugars in the bean to caramelize & the flavor of the coffee to develop. The longer the beans are roasted, or the higher the temperature, the darker the roast, will be & the fuller the flavor, in general light roasts have a sharper, more acidic flavor, while darker roasts have a deeper, richer flavor.

A dark roast isn't necessarily, 'stronger'. The strength of a cup of coffee depends on how much water is added while the coffee is being brewed.



How to make a cup of coffee ?

How to make a cup of coffee: Here's how to get the most from your favorite cup of coffee.

(1) Great tasting coffee starts with great tasting water, if filtered water isn't available, use cold water from the tap & let it run for a few seconds to aerate before adding it to the kettle.

(2) Let water come off the boil before pouring it on to coffee (*instant or drip-filter*) granules, as boiling water can scorch the granules & impact on the taste.

(3) If using milk (*not recommended*) add it to the cup after the water, if milk is added 1st, the coffee may not blend as well & the hot water can scald the milk, changing the flavor.

Note ! Sweeteners (*sugar or artificial*) ruin coffee ! Decaffeinated is not coffee but a health-risk. Use only non-Dairy milk.

How to drink a cup of coffee ?

To get the best flavor/taste let it cool a bit than take big slurps rather than sipping. Big slurps of coffee release more aroma. Smell & taste it, heavenly.

Decaffeinated Coffee a Health-risk *Decaffeination* uses Solvent. Solvent residue upsets many stomachs.

Logic! A Coffee without Caffeine defeats the purpose of drinking Coffee.

Preparations: *Brewing, Instant, Drip -Filter Coffee; Espresso (machine).*



Cup of Coffee



Instant-Coffee



Drip-Filter



Espresso-machine

Espresso is a concentrated beverage brewed by forcing hot water under pressure through finely ground coffee. Compared to other coffee brewing methods, espresso has a thicker consistency, a higher concentration of dissolved solids, & foam. Espresso is the base for other drinks: *Cappuccino, Latte, Macchiato, Mocha, Americano, Gringo, Duo-shot, Lava & Mote.*

Cappuccino: preparing the texture & temperature of milk is the most important step. Milk is steamed introducing very tiny air bubbles giving it a velvety texture (*foam*). A shot of espresso is put into the cup, hot foamed milk is added, topped with 2cm thick foam, finished with a sprinkle of ground Cinnamon. Served with a smile.



Latte: heat up milk no froth. A shot of espresso is put into the cup, hot milk is added, topped with a sprinkle of raw cocoa. Served with a smile.

Macchiato: heat up milk no froth. Fill cup 2/3 with milk. Add a shot of espresso. Top with peppermint leaves. Served with a smile.



Mocha: make raw hot cocoa. Fill cup 1/2 with hot cocoa. Add a shot of espresso. Top up with milk & milk froth. Add a sprinkle of raw cocoa. Served with a smile.

Americano: A shot of espresso is put into the cup. Hot water is added. Served with a smile.



Gringo: Fill cup 1/2 with hot water. Add 2 shots of espresso. Top with a sprinkle of ground Nutmeg. Served with a smile.

Duo-shot: Add 2 shots of espresso. Served with a smile.



Lava: A shot of espresso is put into the cup. Add a nip of concentrated mandarin juice. Add a shot of hot raw cocoa. Top with hot foamed milk. Finish with a sprinkle of ground Cinnamon.

Mote: Fill cup 1/2 with hot peppermint tea. Add a shot of espresso. Top with hot foamed milk. Finish with a sprinkle of ground Cinnamon. Served with a smile.

