



GUIDE TO A WONDERFUL
Coffee
EXPERIENCE



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COFFEE HISTORY

The history of coffee has a rich and fascinating tradition, resulting in gourmet coffee available to you in your kitchen or at your favorite coffee house.

Coffee dates back to the 9th century. Today, a good cup of coffee ties our world together in ways that are amazing through the years.

THE ORIGIN OF COFFEE

No one knows how coffee was discovered. One popular legend says coffee was discovered by an Arabian shepherd named Kaldi who found his goats prancing around a shrub bearing bright red fruit. He tasted the fruit and experienced the same energy.

Kaldi shared his discovery with the local monks, and they used the fruit to stay awake during long hours of prayer. The “mysterious red fruit” spread to monasteries all over the world, starting the relationship between the church and coffee that has lasted for centuries.

Coffee is mentioned in writings as early as the 10th century, and historians since then have followed coffee’s history and use throughout the world.

In 1471, not long before Columbus left to discover America, the first coffee house opened in Constantinople. The merchant trade of Venice brought coffee to Italy, where the first European coffee shop opened in 1645. Coffee houses spread throughout Europe and England and later to America. By 1675, there were over 3,000 coffee houses in England, demonstrating coffee’s tremendous appeal so many years ago.

As coffee production started around the world in different tropical regions, the growing conditions produced new and distinctive flavors. Various cultures invented new ways of enjoying coffee and starting new traditions.





COFFEE MAKING THROUGH THE YEARS

How we roast, grind and brew coffee has changed tremendously over the years. At first, coffee was boiled after being crushed by a mortar and pestle, as it is still done with Turkish coffee.

Drip brewing started around 1800 in France, about the same time as percolators were also invented. Vacuum coffee makers were created in 1840 to brew coffee that was clear and without sediment. By the end of the 19th century, espresso machines were developed for brewing coffee through the pressure method. Melitta Benz invented paper filters in 1908. She and her husband patented them and started the Melitta family coffee business, which their grandchildren continue to this day.

Drip coffee makers for home use in the United States became popular after the Mr. Coffee maker was introduced in 1972. Before that time, most coffees at home were made with a percolator, either electric or on the stove top.

The rise of the corner gourmet coffee house in America is an even more recent event. Founded in 1971, Starbucks popularized dark, gourmet coffee and expanded on a massive scale in the 1990's. Now there are 16,000 stores worldwide, including 11,000 in the United States and 1,000 in Canada. This rise in gourmet coffee houses has brought a new coffee lifestyle to American society, greatly increasing expectations for coffee quality.

GROWING COFFEE AROUND THE WORLD

From coffee's start in the Arabian Peninsula, coffee has become one of the largest commercial crops grown around the world. Coffees are grown in tropical and subtropical areas, including some of the most impoverished areas of the world.





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The traditional coffee production areas are in South America (with Brazil and Colombia as the two largest coffee producers in the world), Africa (primarily East Africa) and Indonesia. Other areas grow coffees that have become prized, including Jamaica, Hawaii, Australia, India, and Costa Rica, winning the hearts of coffee aficionados worldwide.

GOURMET COFFEE TODAY

In general, the coffee beans from Central and South America are known for their mild yet potent flavor. East African and Arabian coffee beans are known for their intense flavor and bright acidity. Indonesian coffee beans produce smooth, rich and low acid flavors.

Coffee has brought amazing changes to our society and our world in the past 1,100 years. Coffee continues to span the globe, connecting us with people far away. The coffee in your cup came from beans grown in an exotic location far away and transported around the world to you.





COFFEE BEANS AND COFFEE CONCERNS

The seeds produced by the coffee plant are the coffee beans. Though these are referred to as beans, they are not really beans in the true botanical sense of the word. The coffee plant bears red or purple fruits which are also called cherries or berries of coffee, and the stone that lies inside is the 'bean' which is the source of coffee. Two stones lying with their flat sides together usually constitute the coffee bean. It is from this bean that coffee is produced that can be used to produce a variety of coffee beverages like espresso, latte, and cappuccino using the right coffee makers- espresso machines, etc. It may be mentioned that a small percentage of any crop of coffee cherries contain a single bean in the cherries instead of the usual two. Such berries are called peaberries.

Coffee beans facts Some 0.8% to 2.5% caffeine is contained in the endosperm of the coffee seed or bean. This caffeine content gives them the characteristic flavor for which the plant is cultivated. Several species of the coffee plant are there, and the seeds of each species produce coffees having slightly different tastes. Variation can be observed in the flavors of the various genetic subspecies also and the coffee varieties- where the coffee plants are being cultivated.

Coffee beans are a major item of export from many countries. Coffee Arabica is the species that makes up the major portion (70-75%) of the world trade. The other important coffee species of coffee cultivated is the Coffee canephora. This is grown where the Coffee Arabica does not thrive.

Processing of coffee beans The coffee beans is processed before they are readied for use in preparing espresso, latte, cappuccino and other special coffee drinks using coffee makers- espresso machines and the like. The processing begins with the beans being removed from the coffee cherries. The fruit is then discarded or made use of as a fertilizer. The bean or seed of coffee is then ground and used in the preparation of beverages of various kinds using a coffee maker or espresso machine.





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Coffee beans and espresso beans A difference between regular coffee beans and the espresso beans is there. The espresso beans tend to be a concoction of beans. These are almost always a relatively dark roast like a Vienna or light French roast. This is seemingly a trade secret. So, even though the formula of the blend can be discovered the exact amounts or proportions in which the constituents are to be blended cannot be easily found out.

The flavoring of coffee beans There is also the process of flavoring the coffee beans in an attempt to work upon their natural flavor to meet some purpose. Natural oils are usually used to achieve this. Half an ounce of oil is usually to be added to a pound of beans for the flavoring to be done.

The primary concern of all coffee lovers being the flavor of the drinks, special attention needs to be given to ensure that the best flavor is obtained from the coffee beans. This is of crucial importance in the case of preparation of espresso, cappuccino, latte and all other special coffee beverages. The superior coffee makers and espresso machines can also deliver the best results i.e. brew the perfect drinks only if the best-flavored ground coffee beans are used. Many of the world class coffee makers and espresso machines of the day have been reported to be failing to deliver desirable brews owing to the use of coffee beans that were not up to the mark.

The real flavor of the coffee beans starts developing with the growth of the plant and is influenced by the climate of the place where it is grown. Of course, the particular species of the coffee plant also matters in the developing of the flavor. The processing of the bean i.e. the processes that the coffee beans are made to undergo through after they are extracted from the coffee fruits also affects their taste and flavor.

Roasting helping bring out best flavors Roasting of the beans is an important process that helps bring out the real vibrant flavor of the beans. The carbohydrate and fat content of the coffee beans get transformed to aromatic oils by the heat of the process. This gives rise to the great coffee flavor which is cherished by the people from all corners of the world.





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Different types of roasting of the coffee beans also have different effects on the coffee produced i.e. varying of the composition. So, while light roast produces light flavored coffee the medium roast leads to preparation of a sweeter and fuller-bodied coffee. Again, dark roast that requires a long roasting time produces a spicy and sweet deep tasting coffee. The characteristic flavors of coffee that are a result of particular roasting are produced in the brews prepared by the coffee makers and espresso machines of the day too.

Selecting best coffee beans and ensuring their freshness It is the best coffee beans that are to be selected. This is determined by the region where they are procured from. The coffee planted in a particular region and influenced by its climate produces a distinctive flavor in its cherries and beans (seeds). The Arabica coffee is considered as the very best. Gourmet coffee drinks are made using this coffee. Other varieties like the Robusta beans have been known to have more caffeine content and lesser flavor. These are also prepared cheaper.

Keeping the coffee beans fresh is also very important. These are to be kept sealed in an air-tight container. To take care of freshness in the coffee beverages that you make using your coffee maker or espresso machine you need to purchase whole beans of coffee from specialty shops. These beans are to be used within a week of purchase. Only then can you get to enjoy a perfectly flavored coffee drink. It is always preferable to have a good coffee grinder at home and prepare freshly ground coffee for your brewing purpose. Pre-ground coffee often lacks much of the flavor and aroma that are the hallmark of premium coffee. On the other hand, freshly ground coffee provides more nutritional benefit and ensures the best flavor.





THE DIFFERENT TYPES OF COFFEE BEANS

All over the world, people drink coffee from basically one of two types of coffee beans: Arabica beans ("Coffea Arabica") and Robusta beans ("Coffea Robusta") Arabica beans are aromatic, flavorful coffee beans used for gourmet, specialty coffees. The term refers to Coffea Arabica, the taxonomic species named for the genus responsible for about 75% of the world's commercial coffee crop. Coffea Arabica is a woody perennial evergreen that belongs to the same family as Gardenias.

Robusta beans contain twice the caffeine as Arabica. Robusta beans are somewhat bitter and lack the flavor and aroma of Arabica beans. Robusta beans are used to produce blends, instant and freeze-dried coffees. here are other types of coffee species, but they are very rare or non-existent in the export market. As a result, the fact is that we all drink either Arabica or Robusta coffee. Sounds simple, right? Not quite.

There are many "varietals" within Arabica coffee trees which yield coffee beans with distinct flavors and characteristics. This is where the fun begins. To name a few,

Ethiopian Coffee: Ethiopian Harrar, Sidamo and Yirgacheffe. Each is named after their region of origin, and they have very distinct flavor characteristics. For example, Ethiopian Harrar is known for its medium body, earthy flavor, almost no acidity and a very smooth mouthfeel. This is a complex coffee with light spicy tones and a fruity flavor that some people compare to the taste of dry red wine. As the 'birthplace of coffee," Ethiopia has a unique place in the coffee world.

Kenyan Coffee: Kenyan AA. This coffee comes from the area surrounding Mount Kenya, a region with fertile red volcanic soil. The coffee is known for its very acidic taste you taste right away in the mouth, and then followed by a medium body with an aftertaste of earthy flavor.





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Tanzanian Coffee: Tanzanian Peaberry focuses on peaberry instead of traditional coffee beans. Coffee is the dried seed from the fruit of a flowering tree. Each fruit has two seeds facing each other. On the coffee tree, there is a percentage of the fruit that has a single seed or peaberry, and the rest will have two flat beans for the usual two (2) seeds per fruit. The single bean peaberry occurs in less than 5% of any crop and is generally considered to produce a more concentrated flavor.

Colombian Coffee: major cultivars of Arabica beans include Bourbon, Caturra, Maragogype and Typica. Colombian coffees also include the name of the growing regions such as Cauca, Nariño, Amazonas, Bucaramanga, etc. Colombia accounts for more than a tenth of the world's entire coffee supply. Colombian Arabica coffee is perhaps the most well-known, partly due to its "living" and successful coffee advertising iconic symbols recognized worldwide, Juan Valdez and Conchita, the mule. The more generic Colombian coffees are rated as Excelso and Supremo. These terms simply refer to the size of the coffee beans, not necessarily to better coffee grades.

Costa Rican Coffee: Costa Rican Tarrazu is a prized Arabica coffee. It is named after the San Marcos de Tarrazu valley, one of the four premium coffee growing districts surrounding the capital city of San Jose. The other varietals include Tres Rios, Heredia, and Alajuela. Costa Rican coffees are balanced, clean, with bright acidity featuring citrus or berry-like flavors and hints of chocolate and spice in the finish.

Brazilian Coffee: Brazil Santos Bourbon comes from the hills of São Paulo state in the south-central portion of the country near the port of Santos. Historically, these Arabica coffee plants were brought to the island of Bourbon now known as the Island of Reunion. Brazil Santos Bourbon is a light bodied coffee, with low acidity, a pleasing aroma, and a mild, smooth flavor.

Indonesian Coffee: Java is the most famous Arabica varietal from the island of Java. The top grade of Java coffee is cultivated on former Dutch plantations and is called Java Estate.





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This is a clean, thick, full body coffee with less of the earthy characteristics that other Indonesia coffees feature, such as Sumatra or Sulawesi. The Java coffees provide a smooth complement to the Yemen Mocha which is very intense. The traditional Mocha Java blend is the combination of Java and Yemen Mocha.

Sumatran Coffee: Sumatra Mandheling and Sumatra Lintong. Sumatra Lintong originates in the Lintong district of Sumatra near Lake Toba. This coffee has a medium, bodied coffee, low acid, sweet with a complex and earthy aroma. Sumatra Mandheling has a rich, heavy body, subdued acidity, and unique complex flavor. This coffee actually does not originate in the Mandheling region but is named after the Mandailing people in the north of Sumatra.

Hawaiian Coffee: closer to home, in Hawaii, the best known Arabica varietal is Hawaiian Kona coffee. This Arabica bean grows on the slopes of Mount Hualalai and Mauna Loa which makes it not only exclusive to Hawaii but also to the Kona District specifically.

Jamaican Coffee: the Arabica varietal that grows predominantly in the Blue Mountain region of this island is called Jamaican Blue Mountain coffee. The Blue Mountains stretch between Kingston and Port Maria in Jamaica. This region enjoys a cool and misty climate. Due to its limited production quantity, Jamaican Blue Mountain coffee is expensive.

Papua New Guinea Coffee: located just north of Australia, Papua New Guinea coffee cultivation was started in 1937 using imported seeds from Jamaica's famous Blue Mountain region. As a result, Papua New Guinea has noticeable similarities to Jamaican Blue Mountain coffee. The rich volcanic soil and excellent climate produce a mild and mellow, full-bodied coffee with moderate acidity, broad flavor, and very interesting aromatics.

Is this all? No, there are many more varietals, brands, and special flavors of coffee to try and discover.





WHY IS COFFEE SO POPULAR WORLDWIDE?

Coffee is one of those things that has become part of our everyday lives and is all around us all the time. Coffee has become just as much part of everyone's day just like brushing your teeth. People enjoy coffee around the world from morning till night and has become one of the most popular things in the world. Why is coffee so popular? You may be thinking that is a simple question, and the answer to that would be, yes it is. But why is coffee so popular?

Well, there are many reasons for this actually. Besides coffee being one of the things that is a normal part of endless peoples' mornings, coffee also provides a comfort. If you ask most people who have coffee in the morning if they have more coffee later in the day, the answer most likely will be yes. However, a lot of the time the reason that people will have coffee later in the day will be for different reasons than when they had it in the morning. For many people, coffee later in the day is more of comfort and is part of their evening after dinner relaxation routine.

However, coffee is much more than a morning or evening drink. Coffee for some time now has been something that people enjoy going out for, and that is why there have been so many coffee houses around the world that have become so popular. Depending on where you live, there can be coffee houses and coffee shops on every block, and sometimes there are more than one on the same street. That is how popular coffee has become. People enjoy meeting for a coffee just as much now as the popular "happy hour" that started some time back.

An additional reason for the popularity of coffee is that it is something that can be enjoyed by pretty much everyone. It is not a costly item or something that can only be enjoyed by select individuals. This is a simple pleasure that can be enjoyed by the masses and is something that can bring friends and family together for conversation. Because coffee is enjoyed now by so many different age brackets and different demographics of people, there are now so many dif-





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ferent styles, flavors, and brews of coffees. Even fast food restaurants have joined in to provide their customers with the popular coffee drinks that everyone enjoys.

So what are all of those different popular coffee drinks that we have today? Well for starters lets begin with your regular coffees. You have the option of light or dark roast, french roast, house blend, breakfast blend and those are just to name a few. You could alternate between just regular coffees everyday of the week and never have the same kind, and actually much longer than that. You can also get regular or decaffeinated. From there you can move on to espresso, cappuccino, and lattes. This would most likely be considered the next most popular forms of coffees. You can get these served in a variety a different way as well making each style a completely different coffee experience.

One more recent style of coffee drinks have included the blended frozen coffees. These are very popular and are even consumed by the younger crowds even more so. They have the flavor of some of the most popular flavored coffees, but they are blended with ice to make more of slush. They are usually topped off with whipped cream but sometimes people enjoy the lighter calorie versions, and they leave the whipped cream off.

Sometimes people are not in the mood to have a hot beverage, but they would still like to have a nice cup of coffee. This is where iced coffees come in. These coffee drinks are very popular as well, and they are usually consumed at lunch or in the afternoon for a nice refreshing pick me up beverage. Iced coffees can come in a variety of flavors as well and is sometimes just what you need during the day.

Another popular coffee drink is espresso. Now, a lot of the time there are plenty of coffee drinks that call for a shot of espresso to be added to the drink, but many people like to get a shot or two of espresso to have by itself. There are times when people do not want a full cup of coffee, but they would like the flavor and the quick jolt of caffeine that the espresso will provide.





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Cappuccinos and lattes are very popular as well, and these are the type of coffees that people enjoy when they want something a little more than a plain cup of coffee. These are also the type of coffee drinks that people sometimes enjoy later in the day as a nice pick me up enjoyable beverage.

The coffee styles mentioned are just a few of the different varieties that are available. There are so many different kinds that sometimes people can get a little overwhelmed by all of the options, so they never try anything new. Most people will say that the best way to try new things is to do just that, try new things. You have to explore all the different kinds of coffee beverages so you can find the kinds that you like the best. There are going to be those that you like more than others, but that is the fun in trying the different coffees as well.

So where do you begin? One idea is that when you visit your local coffee shop during the week, you can go down the list and try different varieties every time you visit. Keep track of the kinds that you like and those that you do not think that you would enjoy having on a regular basis. If you have a single brew coffee maker at home, you can try a lot of the different styles in the comfort of your home, depending on the style of coffee maker that you have. Some will just brew single cups of regular coffee and others will allow you to make espresso and other favorite coffee drinks.

Another thing you can try is to see what styles of coffees your family, friends, and co-workers drink. This will give you plenty of options to try, and you will know what to order when you go to your favorite coffee house. The employees at the coffee shops can also be very helpful in helping you try different varieties. After all, they deal with all the coffee drinks that people enjoy on a daily basis and can make some recommendations sometimes off of the kinds of drinks that you normally order.

These are just a few reasons why coffee is so popular. There are endless styles and varieties of coffee drinks, and there are numerous occasions where people enjoy having their favorite cups of black silk. Morning, afternoon or evening, no matter where you go, you will always see people enjoying their favorite coffees.





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Not to mention, the wonderful aroma that comes along with fresh brewing coffee is simply wonderful and is part of the reason people enjoy coffee as well. There is nothing like, brewing your favorite style of coffee and then taking a moment for yourself and enjoying your cup of coffee to get you through the next part of your day or evening.





THE NAMES OF DIFFERENT COFFEE DRINKS

Coffee drinks have many different names that come from many sources. Coffee houses have 64 drink selections they agree to have the same basic recipe. Some of these drinks have different names or have some variations. A good barista is one who knows how to make them all.

Affogato is Italian for drowned. This can be a drink or served as a dessert a drink or dessert with espresso that may also incorporate caramel sauce or chocolate sauce.

The Baltimore is an equal mix of decaffeinated and caffeinated brewed coffee while the Black Eye is dripped coffee with a double shot of espresso creating a strong taste.

The Black Tie is a traditional Thai Iced Tea, which is a spicy and sweet mixture of chilled black tea, orange blossom water, star anise, crushed tamarind, sugar and condensed milk or cream, with a double shot of espresso.

The Breven is made with steamed half and half cream while the Caffè Americano or simply Americano is prepared by adding hot water to espresso, giving a similar strength, but different flavor from regular drip coffee. The strength of an Americano varies with the number of shots of espresso added. Variations include the Long Black, Lungo, and Redeye.

The European Café Au Lait is a continental tradition known by different names but is the most popular drink in European coffee houses. It is made using strong or bold coffee as well as espresso that is mixed with scalded milk in a 1 to 1 ratio.

Cafe Bombon was made popular in Valencia, Spain and modified to suit European tastes and many parts of Asia such as Malaysia, Thailand, and Singapore. The basic European recipe uses espresso served with sweetened condensed milk in a 1 to 1 ratio. The Asian version





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uses coffee and sweetened condensed milk at the same ratio. For visual effect, a glass is used, to create two separate bands of contrasting color.

In America, the **Caffe Latte** is a portion of espresso and steamed milk, generally in a 2 to 1 ratio of milk to espresso, with a little foam on top. This beverage was popularized by large coffee chains such as Starbucks.

The Cafe Medici starts with a double shot of espresso extracted using a double filter basket in a portafilter that is poured over chocolate syrup and orange or lemon peel, which is usually topped with whipped cream. This drink originated at Seattle's historic Last Exit on Brooklyn coffeehouse.

A Cafe Melange is a black coffee mixed or covered with whipped cream. This drink is most popular in Austria, Switzerland and the Netherlands.

A Cafe Miel has a shot of espresso, steamed milk, cinnamon, and honey. Miel is honey in Spanish.

Coffee milk is similar to chocolate milk, but coffee syrup is used instead. It is the official state drink of Rhode Island in the United States.

A Cafe Mocha or Mocha is a variant of a caffe latte, but a portion of chocolate is added, typically in the form of chocolate syrup. When bought from a vending system, an instant chocolate powder is used. Mochas can contain dark or milk chocolate.

Moccaccino is a term used in some regions of Europe and the Middle East to describe caffe latte with cocoa or chocolate. In the U.S., it usually refers to a cappuccino made with chocolate. Cafe Zorro is a double espresso added to hot water in a 1 to 1 ratio.

Ca phe sua da is a unique Vietnamese coffee recipe that means iced milk coffee. Mix black coffee with about a quarter to a half as much sweetened condensed milk, pour over ice. Phe sua nong means hot milk coffee, which excludes ice. In Spain, a similar drink is called Cafe del Tiempo, hot, or Cafe con Hielo, ice.





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Cappuccino is a coffee-based drink prepared with espresso, hot milk, and steamed-milk foam. It is served in a porcelain cup, which has far better heat retention. The foam on top of the cappuccino acts as an insulator to help retain the heat, allowing it to stay hotter longer.

The Caramel Machiatto or C-Mac is a vanilla latte with foam and gooey caramel drizzled on top, while Chai Latte notes that the steamed milk of a normal café latte is being flavored with a spiced tea concentrate.

A Chocolate Dalmatian is a white chocolate mocha topped with java chip and chocolate chip while Cinnamon Spice Mocha is mixed cinnamon syrup, topped with foam and cinnamon powder.

A Cortado, Pingo or Garoto is an espresso with a small amount of warm milk to reduce the acidity. The ratio of milk or steamed milk to coffee is between 1 to 1 to 1 to 2. Milk is added after the espresso is made.

Decaf is a beverage made with decaffeinated beans while a Dirty Chai is Chai tea made with a single shot of espresso.

An Eggnog Latte is a seasonal blend of steamed 2% milk and eggnog, espresso and a pinch of nutmeg. In Germany, the Eiskaffee, ice cream coffee consists of chilled coffee, milk, sweetener, vanilla ice cream, and sometimes whipped cream.

An Espresso Romano is a shot of espresso with a small rind of lemon and sugar added.

A Flat White is prepared by pouring creamy steamed milk from the bottom of the jug over a single shot of espresso creating a lighter froth. This drink originated in New Zealand and Australia.

Frappuccino is the name and registered trademark of Starbucks blended ice beverage and bottled coffee beverage that may produce different flavors. Galao is a hot drink from Portugal made of espresso and foamed milk. It is made in a tall glass with about one-quarter coffee, and three-quarters foamed milk.





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Guillermo was originally made with one or two shots of hot espresso, poured over slices of lime or on ice; sometimes served with a touch of milk.

Another seasonal blend, a **Gingerbread Latte** consists of steamed milk, espresso, gingerbread syrup, topped with a pinch of nutmeg, cinnamon, and vanilla powder.

Greek frappé coffee is a foam-covered iced coffee drink made from spray-dried instant coffee. It is a very popular Greek summer drink.

A Green Eye, also known as Triple Death, is dripped coffee with a triple shot of espresso.

Half-caf is made with half and half parts caffeinated beans and decaffeinated beans. Iced coffee varieties include Farmers Union Iced Coffee and Toddy coffee.

South Indian Coffee, also known as Madras Filter Coffee or Kaapi is a sweet milky coffee made from dark roasted coffee beans and chicory. It is especially popular in the southern states of India.





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Instant coffee is a beverage derived from dehydrated brewed coffee beans that come in powder or granules. Some brands include Chock full o’Nuts, Japanese canned coffee, Moccona, and Nescafe.

Irish coffee is coffee combined with whiskey and cream, often further sweetened with sugar.

Kopi Susu is found in Malaysian Borneo and Indonesia. Kopi Susu means coffee milk and is served in a glass of cooled mixed black Arabica coffee including grounds with about a quarter to a half a glass of sweetened condensed milk. Kopi Turbruk uses sugar instead of sweetened condensed milk.

Libbylou is a hot espresso made with equal parts mocha and white mocha topped with espresso and steamed half and half. It is served plain without a topping, Liqueur coffee is brewed coffee with a shot of liqueur and usually served in a warmed glass. Sugar is required in the coffee mixture to help the cream float. There are 17 varieties; each uses a different liqueur.

Macchiato is an espresso with a dash of foamed milk that is put directly into the espresso cup first; espresso is dispensed into the cup. Cocoa is then sprinkled over the drink.

Mary Turner Coffee is a soft amount of milk, three sweeteners, and the rest coffee. It’s an evening drink.

Mazagran is a long cold coffee beverage from Portugal and served in a tall glass. It is made with at least strong coffee, usually espresso, lemon, and ice. Sometimes sugar, rum or water is added, or a fast version uses previously sweetened espresso in a cup with ice cubes and a slice of lemon.

Mochasippi is prepared by baristas in coffee houses in southern states. Similar to the Mocha, but a Mochasippi contains actual shots of espresso rather than a powdered instant coffee.

Pumpkin Spice Latte is a Fall seasonal blend of steamed milk, espresso, sugar, vanilla extract, pumpkin pie spice, topped with foam and a pinch of pumpkin piespice.





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Pocillo is a shot or small portion of unsweetened coffee, now usually made either using an espresso machine or a Moka maker, but traditionally made using a cloth drip and served in cups made for the purpose in Latin America.

Raspberry Mocha is a regular mocha with raspberry flavoring.

Red Eye is a dripped coffee with a single shot of espresso while a Red Tie is a traditional Thai Iced Tea, a spicy and sweet mixture of chilled black tea, orange blossom water, star anise, crushed tamarind, sugar and condensed milk or cream along with a single shot of espresso.

A **Red Tux** is a Zebra Mocha with raspberry flavoring.

Regular Coffee in New York City, a regular coffee with cream and sugar. A variant phrasing is a coffee regular.

Ristretto is a very short shot of espresso coffee. All strengths of flavors are usually attributed to espresso in general but are more pronounced in Ristretto.

Skinny Latte is a reduced calorie latte made with steamed non-fat milk and artificial sweeteners, such as Splenda or Equal. A Soy Latte is a latte made with steamed soy milk.

A Torpedo is made by placing the froth from steamed milk in a cup with espresso coffee falling through the froth. The torpedo creates a very clean and distinct flavor for those who prefer a stronger taste of espresso than through conventional cappuccino.

Triple C's combines Cinnamon Dolce Latte with caramel syrup and chocolate syrup.

Turkish coffee is made by immersing the coffee grounds in water that is hot but not boiling long enough to dissolve the flavorful compound. In Turkey, sweetness used is from a pinch to two teaspoons. Pouring that creates the most foam is considered the best cup.





GUIDE TO A WONDERFUL COFFEE EXPERIENCE

Vienna coffee is the name of a popular traditional cream based coffee beverage. Made by preparing two shots of strong black espresso in a coffee cup, it is infused with whipped cream until the cup is full; then topped with more cream and chocolate sprinklings.

White Chocolate Mocha or sometimes referred to as White Mocha and is a sweet mixture espresso, steamed milk, white chocolate syrup. This sugary drink is often topped with whipped cream.

Yuanyang, sometimes also called Ying Yong, is a popular beverage in Hong Kong. Made of a mixture of coffee and Hong Kong-style milk tea, it is served hot or cold. Yuanyang means a pair of two, unlike items as used in this drink. Zebra Mocha, sometimes known as a Black Tux, is a mixture of regular mocha with a white chocolate mocha.





COOKING WITH COFFEE

Every day, all over the world, millions of people start their day by drinking coffee. Aaah! So good! Nothing like that first cup, right?

There are many variations of this popular beverage that have been tried and perfected over the years, undoubtedly by you and people you know. In fact, the simple act of coffee consumption has indeed become an art form. Think about it: coffee drinkers routinely consume iced coffees, mochas, cappuccinos and literally hundreds of other varieties and recipes of this caffeine-driven energizer. Even for those people who prefer decaffeinated coffee, the act of drinking coffee is also an art that delivers the pleasing taste without the caffeine jolt.

So then, is it surprising that the result of this love affair with the many flavors of coffee has led to coffee becoming another ingredient in a wide variety of cooking recipes? No surprise at all. The result is that these recipes are anything but ordinary! Perhaps you are not the type of person who will pour your morning cappuccino into a meat loaf or baked bean recipe. Or freeze leftover brewed coffee in ice cube trays to use later as seasoning. Will it surprise you to learn that many top chefs do this and much more with coffee? Why? Because of coffee's hint of bittersweet chocolate, a touch of berry, a whiff of roasted nuts and red wine. These flavors and scents make coffee a fantastic cooking ingredient.

How do chefs use coffee in cooking? For example, they substitute brewed coffee (partially for the most part) for stock or water in stews, sauces, and even baked beans. Coffee grounds make a terrific dry rub. Coffee grounds seal in the meat's juices and help to caramelize it. The result is a juicier and tastier piece of meat with a beautiful color on the outside that makes the dish very appealing to the eye.





GUIDE TO A WONDERFUL COFFEE EXPERIENCE

Still not convinced? Let's look at some cooking with coffee 101 tips:

1. Pair coffee with flavors that are strong and flavorful such as beef, pork or chicken. This is important. Coffee should not overpower the meat aroma and taste, but enhance it. A coating of coffee and other spices tenderizes a cut of meat. Result: a more succulent and tasty main course.

2. Coffee is, quite simply, a spice in the kitchen. Cooks use rubs, marinades, and sauces in cooking because they add a delectable complexity to grilled meats and keep them moist. Coffee punctuates its distinctive taste into soups, stews, and tomato sauce. Through experimentation, you will learn to use just the right amount of coffee to add that special flavor that makes an ordinary dish truly unforgettable!

3. Use coffee in both grounds and brewed forms for cooking. Ground coffee is great for rubs and marinades. Brewed coffee is the perfect addition to stews or sauces. It makes sense, doesn't it? It is easier to add brewed coffee to a sauce and prevent problems with "grainy" sauces or marinades.

4. Have fun cooking with coffee and don't be afraid of getting creative with coffee! Use your favorite flavor of coffee in your recipes. When you experiment with a new type of flavor taste, it brewed first to understand its flavor components and choose the right amount of coffee for the recipe. There is no magic rule of thumb for what works or does not work in "coffee cuisine." Most regular black coffees pair well with citrus, cinnamon, allspice, cloves, salt, garlic, ginger, and pepper. Flavored coffees pair well with similar flavors added to the marinade or sauce. For example, pumpkin spice coffee will go well with a pumpkin soup or pie. Remember, the idea is for coffee to enhance the flavor of the dish you are preparing, not to dominate it.

Cooking with coffee has become mainstream. It used to be that coffee cuisine was reserved only to chefs employed by exclusive restaurants, resorts, or those attending specialty cooking schools. However, this has changed completely over the past decade. Celebrity chefs use





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coffee in their cooking regularly and feature coffee in their recipes regularly. With more than 900 unique flavors present in coffee, according to coffee experts, chefs like the idea of using coffee in their cuisine to add variety to their dishes and come up with endless delectable menus. Of course, to get the best results use freshly roasted top quality specialty coffee preferably delivered to order from a gourmet coffee source.

Examples of coffee in recipes include,

Butter-smoked, espresso coffee-rubbed venison whose rub includes finely ground espresso mixed with salt, ancho chile powder, and ground black pepper. Or pork tenderloin encrusted in a rub of ground coffee and black peppercorns for a beautiful crust with brown edges. Rolling filet mignons in freshly ground espresso beans before grilling will make heads turn from the delicious taste and beautiful finish on the meat.

Another regular practice quite common in the South is to add brewed coffee to chili, or use coffee in braising liquid for brisket. Or coffee as a savory ingredient in red-eye gravy. Many chefs add about 2 quarts of brewed coffee to 4 gallons of stock to start reducing it to demi-glace to add depth and richness to the stock.





STEPS TO A BETTER CUP OF COFFEE

If you are like most coffee drinkers, you probably think you are already getting an awesome cup of coffee. However, the odds are that you can probably still improve the quality by following these eleven steps:

USE QUALITY COFFEE BEANS

Stay out of the grocery stores! OK, that is a serious statement, but seriously do not buy coffee beans at the grocery store. No one knows when it was roasted, and that is a critical, key point in coffee freshness. These beans are known for being stale, whether they are in the gravity bins (especially stale!) or bagged (usually stale!). No one really knows how long the beans have been in the bins or bags. Buy your coffee from an area independent coffee shop or artisan coffee roaster that can verify the roasting date. This is the only way to know you are buying freshly roasted coffee beans of gourmet quality. Their reputation is on the line, so they strive for the best quality coffee freshly roasted.

STORE PROPERLY

Remove your beans from the original bag and put in an airtight container like Tupperware or Glad Ware. The more opaque the container, the better to keep harmful light out. Extreme light like keeping coffee in a glass jar on the sink can cause deterioration of your beans, allowing your final cup of coffee to taste flat or stale.

Do not store in the freezer or refrigerator. Keep them in an airtight container in a cool, dry and dark place like a cupboard or pantry. Refrigerators harbor many odors and coffee is very





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porous. It will act like a sponge to odors whether it's ground or whole bean. Freezers can cause freezer burn, and the flavor oils to crack and lose flavor. These oils are where the flavor is. Storing in the freezer freezes the surface condensation each time the coffee is taken out of the freezer.

Excess moisture will cause your beans to stale faster and shorten the lifespan of your coffee so a cool, dry and dark place is recommended for storage.

PROPER GRIND AND GRIND JUST BEFORE USING

The grind of the coffee matters. Your coffee should be ground for the type of brewing method you are using. Coarse for French press and single serve, fine for espresso. The in between matter but for most auto-drip makers your grind should be just finer than coarse meaning that when you rub it between your fingers, the grinds should feel similar to typical bread crumbs. Espresso grinds should feel like somewhere between sugar and powdered sugar. Also, by using a burr grinder, your coffee will receive less friction than a typical blade grinder giving your grinds less chance to get scorched during grinding.

Coffee is very porous and will absorb odors and air (oxygen) very fast. Oxygen will make your coffee taste really bad! So, the longer your coffee is ground and not used the longer it has to stale and make a bad cup.

MEASURE PROPERLY

Weigh your coffee before you grind it. To make a good, well-rounded cup of coffee, you should use approximately .75oz (22g) of coffee beans to every 8oz of cold water. You can +/- to taste, but this is a good starting point.





PURIFIED WATER AT PRECISE TEMPERATURE

Fresh, clean tap water (purified is best) or quality spring water is recommended. Do not use mineral water, distilled water or tap water with any type of odor. It will make your coffee taste bad. The water should be between 195-205 degrees when ready to brew. At this temperature, the coffee will get proper extraction to optimize the flavor oils and caramelized sugars inside the coffee bean. This is hard to accomplish with most home brewers as the heating elements are not heat adjustable nor are they reliable to heat to the proper temperature at all. If you can, try the single cup pour over methods available or other brewing methods such as French press or siphon. The taste difference is remarkable.

BREW JUST ENOUGH TO DRINK

Letting your brewed coffee sit waiting is not a good idea. And more so please do not let it sit on the hot plate! This is a good way to cook your coffee. Constant 'keep warm' mode like this will make it taste bitter. If you have to brew more than one cup and are not going to finish is right away, get an air pot or air tight hot container to keep it in. Still, drink it within an hour or so, but it will buy you more time.

LET IT COOL

By letting your coffee cool to about 170 degrees (for black coffee) you will not only avoid burning your mouth, but you will also get a more enjoyable coffee experience because you will taste the true essence of what coffee is all about: the brightness, the chocolaty notes, the citrus notes, the spices. It's all there, get a little geeky!





GUIDE TO A WONDERFUL COFFEE EXPERIENCE

THROW OUT ANY LEFTOVER BREWED COFFEE

This is part of #6 above but deserves its own number. If you have brewed coffee left over past an hour in an air pot or air-tight container, throw it out. Brewed coffee has a life span as well and letting it cook itself in a container is not part of it.

THROW OUT ANY LEFTOVER COFFEE BEANS

OK let me clarify! By this, This mean the coffee that is left over after 21 days. Coffee beans have a life span of approximately 21 days from the day it is roasted. Some prefer to drink theirs within ten days, but that is just the coffee geek again. If you can span your coffee for use within 21 days of the day it's roasted you will get a better tasting and far more superior cup. Now you are asking "how do I know when my Seattle's Best or Newman's Own coffee beans were actually roasted?" Well, see #1 above for your answer.

RINSE AND REPEAT

That says it all! If you follow these steps, I promise you will notice a more flavorful and tasty cup of brew!





COFFEE BREWING METHODS

Here is a quick list of the most popular coffee brewing methods & equipment starting from the best:

FRENCH PRESS

The French press coffee maker (or press pot) is universally recognized as the best brewing method, allowing for the truest coffee taste and aroma. This method actually brews the coffee in hot water (as opposed to drip machines which only pass the water through the coffee and a filter). After a few minutes of brewing, a metal filter is pressed through the brew catching the coffee grinds and then trapping them at the bottom of the carafe. What is left over is full-bodied coffee with all its aroma and essences?

One of the main advantages to using a French press, other than great coffee taste, is the amount of control you have. You can control the water temperature (which incidentally should be around 190 to 200 degrees Fahrenheit, a temperature that drip makers do not achieve), you can control the amount of coffee you want to add, and you can control the brew time. Four minutes of brew time and 30 seconds of “plunging” time is considered best.

Another great feature about the French press is that it is extremely portable and only requires hot water. You can take it camping or use it in places with limited kitchen space, like a boat or an RV. Some press pots can also be used to brew loose leaf teas in the same manner.

As an aside, you shouldn't leave your brewed coffee in the press pot with the grounds after you brew it! Either consume it or transfer it to a carafe, preferably a thermal carafe.





VACUUM BREWER

Vacuum brewers aren't very common, but they make coffee just about as well as a French press since the coffee and water are brewing together. A vacuum brewer has an upper and a lower chamber connected by a tube with a small filter inside. Coffee grounds are placed in the upper chamber, and water is placed in the lower chamber. As the lower chamber is heated, the water rises to meet the coffee in the upper chamber where the brewing begins. After brewing, the water (now coffee) cools and seeps back down into the lower chamber leaving the used coffee grinds behind in the upper chamber. Ideally, the upper chamber is removed, and the lower chamber is used as a decanter for the finished coffee.

Vacuum brewers can be electric, stovetop, or even used over a sterno can for dramatic tabletop brewing!

THE TODDY MAKER

The toddy maker or Cold-Brew Coffee Maker uses an unusual cold-brewing method that creates a coffee concentrate. This concentrate is then mixed with hot water to make coffee. The concentrate can be stored in a refrigerator and used to make one cup at a time if you so desire. This method produces a low-acid coffee, which is doctor recommended for coffee drinkers with stomach conditions.

Although this method of coffee brewing sounds a bit odd, the result in taste is pleasantly surprising. One drawback is the amount of time it takes to brew. The good idea is to brew the coffee overnight. Once brewed, the concentrate can produce more than just one pot of coffee, so it's not a nightly event for a great cup of morning coffee!





DRIP GRIND COFFEE MAKERS

Drip Grind coffee makers are the most common and usual coffee brewing method that we are familiar with. In this method, water is dripped over and passes through the coffee grinds and a filter and is caught by the coffee pot below. Despite being the most common brew method, it also happens to be the one which produces a coffee brew with the least amount of flavor and aroma.

There are generally two filter options for the drip grind coffee makers.

Permanent filters are just what they say, permanent. They are usually gold-plated, so they don't add any unwanted metallic taste to your coffee, resistant to corrosion, so they are dishwasher safe and economical because they don't need replacing. Permanent filters are preferred because they allow for better coffee taste as opposed to the second filter option, paper filters.

Paper filters are the most common filter choice for the drip grind coffee makers. Unfortunately, paper filters can filter out more than just coffee grinds. Flavorful oils can be left behind in the filter and not make it to the finished coffee brew resulting in less coffee flavor and aroma. Since permanent filters allow for more liquid to pass through, the result is a more flavorful cup. However, the best coffee equipment and utensils, can be gotten from Star Coffee.





HEALTH BENEFITS OF DRINKING COFFEE

Did you know that coffee can do a lot more than simply give you a boost in the morning? There are actually some health benefits to drinking coffee regularly. So, before you make the switch to herbal tea, read on to learn more about what coffee can do for you and your body.

REDUCED GALL STONES

The Harvard School of Public Health recently published a study indicating that drinking caffeinated coffee on a regular basis can dramatically decrease the incidence of gallbladder disease and gallstones in both women and men.

REDUCED RISK FOR ALZHEIMER'S DISEASE

Two studies, one published in the European Journal of Neurology, have shown that individuals who drank about 2 cups of caffeinated coffee per day were less likely to develop Alzheimer's disease than people who drank no coffee or a small to moderate amount.

REDUCED RISK FOR PARKINSON'S DISEASE

Studies have shown that the amount of coffee and caffeine consumed could be inversely related to an individual's likelihood of contracting Parkinson's disease. This means the more coffee you drink, the lower your chances are for developing the disease.





ANTIOXIDANTS AND CANCER-FIGHTING PROPERTIES

Coffee is a powerful source of antioxidants – agents that combat cancer-causing free radicals. Coffee is chock full of the compound methyl pyridinium, which can't be found in many other food items and not at the level available in coffee. You can get antioxidants from both caffeinated and decaffeinated coffee as long as the beans are sufficiently roasted.

INCREASED COGNITIVE ABILITY

Studies have shown that regular coffee drinkers frequently score significantly higher on cognitive ability tests, spatial awareness exams, IQ tests, and short term memory studies.

The effects of coffee on an individual's cognitive ability appeared to be more pronounced in elderly study participants and women.

BOWEL STIMULATION

Coffee is a stimulant and also a laxative. Some alternative practitioners even prescribe coffee enemas to stimulate the lower colon. However, because coffee is also a diuretic, it can cause constipation in some individuals.

REDUCED RISK FOR GOUT

An extensive study of over 45,000 men that was conducted over a 12-year period showed the amount of coffee consumed was inversely related to their risk or likelihood of developing gout.





10 CLASSIC COFFEE DRINKS RECIPE

ICED COFFEE

Chances are you've had iced coffee that was too sweet, creamy, or watery. As simple as it may seem, good iced coffee drinks can be tricky to make.

A big part of making good iced coffee drinks is using coffee ice cubes. It takes an extra step of preparation, but doing so will ensure your coffee doesn't become a watered-down coffee wannabe. Another key to making good iced coffee is to brew the coffee and then let it cool in the refrigerator for at least two hours. If you use hot, freshly brewed coffee, it will melt the ice cubes instantly.

MAKES ONE SERVING

Ingredients

- 1 cup of chilled coffee (refrigerated for at least 2 hours)
- 1 cup of ice cubes
- 5 ounces of sweetened condensed milk

Directions

- Pour chilled coffee into a large cup.
- Add coffee ice cubes and sweetened condensed milk. Sweeten to taste.





CAFE CREME

Fresh coffee and a bit of cream never fails to satisfy. I included this because the proportion of coffee to cream is the key to doing it right.

MAKES ONE SERVING

Ingredients

- 4 ounces of freshly brewed coffee
- 1 tablespoon of cream
- Directions
- Mix and serve.

MOCHA COFFEE

This simple, sweet coffee is loved by coffee drinkers everywhere (who also tend to love chocolate). You can make these coffee drinks as chocolaty as you want by adding more or less cocoa powder. You can also use a chocolate-flavored creamer if you want even more of a dessert kind of taste.

MAKES ONE SERVING

Ingredients

- 1 cup of freshly brewed coffee
- 1 tablespoon of cocoa powder
- 1 tablespoon of sugar (or another sweetener)
- 2 tablespoons of milk (fat-free optional)

Directions

- Pour freshly brewed coffee into a serving cup.
- Stir in cocoa powder, sugar (or another sweetener), and milk.





SPICED MOCHA COFFEE

This is a lovely little variation on mocha coffee drinks that involves mixing spices into the coffee grounds before brewing. Doing this gives wonderful notes of flavor without overpowering the cup.

MAKES ONE SERVING

Ingredients

- 1/4 cup of coffee grounds
- 3/4 teaspoon of ground cinnamon
- 1/4 teaspoon of nutmeg
- 2 tablespoons of brown sugar (or another sweetener)
- 2 ounces of chocolate syrup
- 1/2 teaspoon of vanilla extract
- 1 3/4 cups of filtered water
- Dollop of whipped cream (optional)

Directions

- Place the grounds, cinnamon, and nutmeg in the coffee maker and brew the coffee as described in the previous chapter.
- Once the coffee is brewed, remove the carafe from the heat plate and stir in the milk, sugar, vanilla extract, and chocolate syrup. Top with whipped cream (optional) and serve.





CAFE AU LAIT

Cafe Au Lait are simple coffee drinks that consist of equal parts of freshly brewed coffee and steamed milk. The key to a delicious Au Lait, however, is properly “double brewing” your coffee. What’s that? “Double-brewed coffee” is coffee prepared in such a way that it is significantly stronger than traditional brewing.

One way of doing this is running already brewed coffee back through the coffee maker with another batch of fresh grounds (using brewed coffee in the water reservoir). I don’t recommend this method, however, because it produces strange-tasting coffee. By reheating coffee drinks, you lose flavor, and the end product has a bitter aftertaste.

The double-brewing method for coffee drinks I recommend is achieved by simply using twice the normal amount of grounds for the water you’re using (with the normal extraction time). That is four tablespoons of grounds for every six ounces of water. This creates coffee with a strong, bold flavor, which is perfect for the Cafe Au Lait.

MAKES ONE SERVING

Ingredients

- 4 ounces of double-brewed coffee
- 4 ounces of milk, steamed (fat-free optional)

Directions

- Brew the coffee and remove it from the heating plate.
- If you don’t have a machine to steam milk, heat a small saucepan over medium heat. Pour the milk into it. Heat the milk for 3-4 minutes, constantly stirring to avoid a milk crust.
- Once the milk steams, take it off the stove and pour, at the same time, both the milk and coffee into a serving cup.





VANILLA COFFEE LATTE

A real latte is made with espresso, but this drink uses double-brewed coffee, which also makes for yummy coffee drinks.

MAKES ONE SERVING

Ingredients

- 4 ounces of fresh double-brewed coffee
- 2 tablespoons of sugar (or another sweetener)
- 1/4 teaspoon of vanilla extract
- 4 ounces of milk (fat-free optional)
- Ground cinnamon or grated chocolate, to taste

Directions

- Stir the sugar and vanilla extract into the coffee.
- Pour the milk into a medium-sized jar with a lid and shake vigorously for 30 seconds. Remove the lid and microwave the milk for about 30 seconds, or until foam forms on the top.
- Pour the milk into the coffee and spoon the foam onto the top of the beverage. Top with ground cinnamon or grated chocolate.





FRAPPUCCINO

If you love a Starbucks Frappuccino but don't love the price, why not make your own? This recipe will taste just like the real deal for a fraction of the cost.

MAKES ONE SERVING

Ingredients

- 6 ounces of chilled, double-brewed coffee (refrigerated for at least 2 hours)
- 1 cup of milk (fat-free optional)
- 3 tablespoons of sugar (or another sweetener)
- 2 cups of ice cubes
- Caramel sauce, to taste (optional)
- Chocolate sauce, to taste (optional)
- Whipped cream, to taste (optional)

Directions

- Put everything in a blender and blend on high until a slushy consistency.





FROSTY DELIGHT

These are smooth coffee drinks, refreshing drink that's perfect for a hot summer day.

MAKES ONE SERVING

Ingredients

- 4 ounces of chilled, double-brewed coffee (refrigerated for at least 2 hours)
- 2 ounces of milk (fat-free optional)
- 1 tablespoon of sweetened condensed milk
- 3/4 cup of ice cubes
- 2-3 tablespoons of sugar (or another sweetener)

Directions

- Put everything in a blender and blend on high until a slushy consistency.





SPICED ORANGE COFFEE

This is a wonderfully flavorful coffee drink that can be served hot and cold (poured over ice).

MAKES ONE SERVING

Ingredients

- 2 tablespoons of coffee grounds
- 1 teaspoon of grated orange peel
- 1/2 teaspoon of cinnamon
- 1/4 teaspoon of nutmeg
- 5 whole cloves
- 1 tablespoon of brown sugar (or another sweetener)
- 1 cup of filtered water
- Whipped cream (optional)

Directions

- Combine the coffee grounds, grated orange zest, cloves, and cinnamon in a small bowl and then use to brew your coffee.
- Once the coffee is brewed, stir and top with whipped cream if desired.





VIENNESE COFFEE

This is one of my favorite “dessert-in-a-cup” indulgences. Truly a drink to savor.

MAKES ONE SERVING

Ingredients

- 1 cup of freshly brewed coffee
- 1 tablespoon of heavy whipping cream
- 1 ounce of semisweet chocolate, finely chopped
- Pinch of cinnamon
- Whipped cream

Directions

- Brew the coffee.
- Heat the cream and chocolate in a small saucepan over low heat, stirring constantly. Once the chocolate has melted, remove from heat, pour in the coffee and stir well. Pour into a mug and garnish with whipped cream and cinnamon.

