

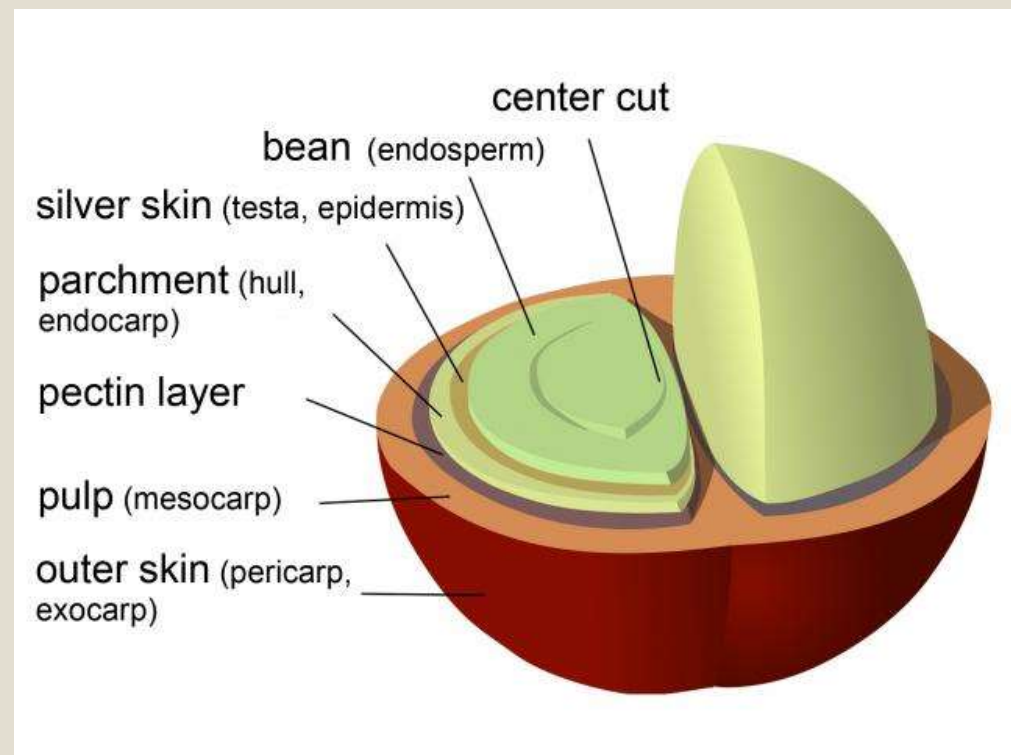
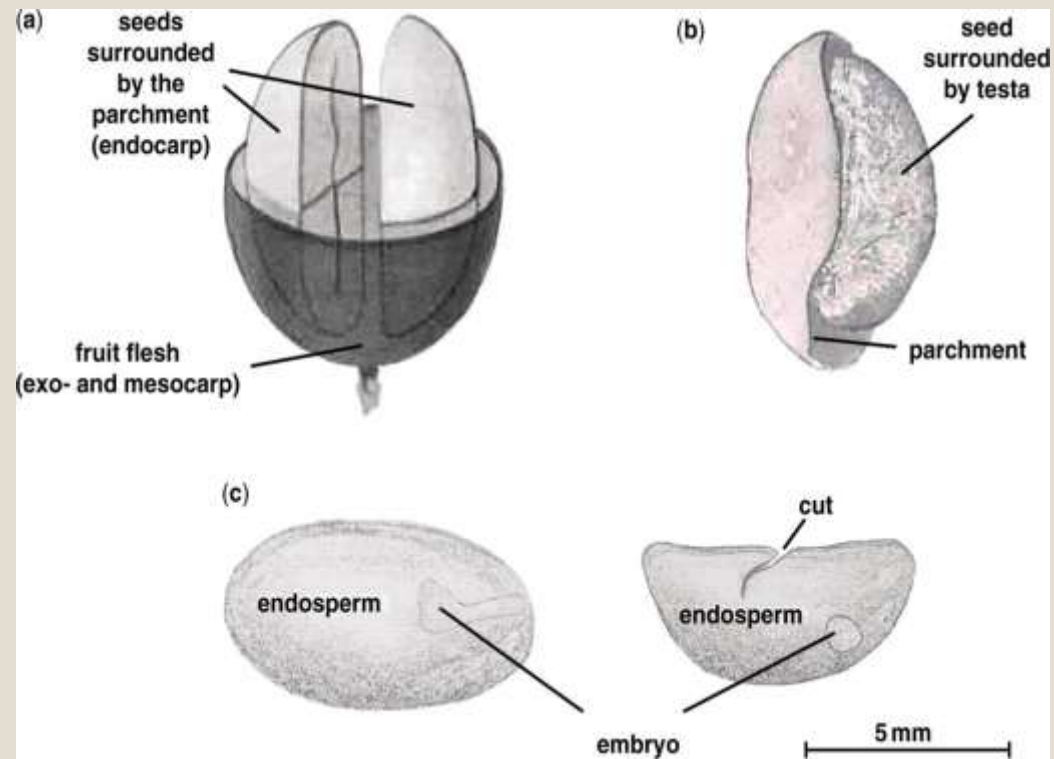


BEVERAGE : COFFEE

COFFEE?

- Coffee is an important beverage used all over the world
- Brazil and Columbia are the largest coffee producers in the world.
- The bulk of coffee grown in India is coffee Arabica, the main centres of production being Tamil Nadu, Karnataka, Kerala and Orissa.
- **THE COFFEE PLANT**
- The plant grows 6-20 feet high depending on the species, area of growth and local customs of pruning. In India the plant is kept pruned down to a height of 4-5 feet.
- The evergreen coffee plant bears white flowers which give place to a fruit which resembles a small cherry with dark red purple cover.
- The fruit encloses two oval grey seeds or beans each covered by thin membrane, the silver skin.
- Both seeds are enclosed in a common husk like membrane.
- The ripe beans are used for coffee beverage.

STRUCTURE



COMPOSITION

- Green or unroasted coffee.

◦ Moisture.	11.23%
◦ Fat or oil	13.27%
◦ Ash	3.92%
◦ Caffein	1.21%
◦ Sugar	8.55%
◦ Tannin	8.84%

- Roasted coffees.

◦ Moisture.....	1.15
◦ Fat or oil.....	14.48
◦ Ash.....	4.75
◦ Caffein.....	1.24
◦ Sugar.....	0.66

CLASSIFICATION

- **Espresso**

- Espresso coffee is the true essence of all coffees. From the light creamy top, to the rich, thick and flavorful body. Some coffee drinkers prefer to drink espresso coffee straight up, thick and strong. But espresso coffee is often used as the base for many delightful coffee drinks, such as cappuccinos, lattes and mochas. Embody the dark, musky, but smooth and silky, rich flavor you expect from a fine Espresso coffee.

- **Dark Roast**

- The direct and bold taste of Dark Roast coffee has become very popular with the core coffee drinking crowd. The deep, full roast develops the coffee beans to their fullest body, while not completely roasting out its fabulous high altitude flavors.
- Often described as fully embraceable and invigorating, with smoky aromatic tones. This is a fully satisfying coffee experience. The Dark Roast coffee is the least bright (or acidic) and most bitter.

- **Medium Roast**

- Medium Roast coffee is a perfect interpretation of the perfect coffee roast. Robust in body, deep flavor, bursting aroma and gentle acidity. Medium roast coffee is the most well balanced of all roasts. It has good body, lowered acidity, complex aroma, integrated, elegant, charismatic, with average levels of bitterness. Perfect as an all day sipper.
- Most cultivation of coffee uses some sort of chemicals. Chemicals although aiding many farmers in cultivating large coffee crops and keeping down costs of coffee cultivation is better for the farmers and workers, but also for their families, neighbors, land, water, plants, animals, birds, and, finally, for you, the consumer if they can be avoided. Shade-grown coffee is a natural way to avoid the use of herbicides, allows for rich compost, and integrates habitats for migratory and native bird species.



- **Light Roast**

- Gourmet Coffee can be roasted to almost any degree, from a very light roast to, a medium roast, to a very dark one. The same coffee can change color, from cinnamon through chestnut, chocolate, and on from mocha to ebony, as it is roasted darker and darker. And, the same coffee will have a change in taste according to the roast as it brings out different flavors.
- Light Roast coffee is lighter in body with a bright smooth edge and intoxicating exotic highland mountain coffee aroma. The Light Roast coffee is the least bitter, with a clean finish (or acidic) and has the least body of our select roasts.
- A lot of people prefer this roast as a first brew of the morning pick me up.
- There are volumes to be said about how to better enjoy fine gourmet roasted coffees! But the best thing to do if you love coffee is to taste one of gourmet varieties of delicious high-grown gourmet 100% Arabica coffees today.
- **Organic**
- Organic coffee has been allowed to mature without any chemicals. No artificial chemicals have been used to grow or process this organic coffee.

STORAGE

- When considering coffee storage, keep in mind the two main enemies of fresh coffee flavor – air and moisture.

Your coffee storage solutions should prevent either from getting at your coffee beans.

1. Don't store ground coffee. Buy your coffee as whole beans, and grind it when you're ready to brew. If you do buy ground coffee for the convenience, store it at room temperature in an airtight container after it's been opened.

A ceramic canister with a vacuum seal is a good choice – but avoid clear glass. Sunlight and heat are not good for your coffee.

2. Store up to a one week supply of whole coffee beans in an airtight canister at room temperature. You can use those pretty ceramic canisters, but they're really not necessary. Any canister that you can seal with an airtight seal is fine, including the can that you bought it in.

3. If you find yourself with more coffee than you'll use in one week, you can store up to another week's supply in the freezer – but you should take some precautions to keep the air and moisture away from it first. Here's how to store coffee safely in your freezer:

- Put the beans in an airtight canister.

- Or – put the beans in a zippered plastic storage bag. Whoosh out all the extra air, or use a straw to suck it out. Then wrap the bag in one or two layers of plastic wrap and finish up with a layer of aluminum foil.

- Either way, once you take the canister or package out of the freezer, don't put it back in. Refreezing your coffee will only dehydrate it and hasten the flavor decay.



UNHEALTHY



HEALTHY

USES IN COOKERY

1. Baked Desserts

Is there anything better than the taste of coffee and chocolate? The next time that you're making cakes, brownies or doughnuts, add a splash of liquid coffee to your mixing bowl. The flavor will spread throughout the dessert while it bakes, and the result will be a heavenly union between chocolate and caffeine.

2. Glazes

What do you get when you combine things like cinnamon, brown sugar, maple syrup, cayenne pepper and coffee? A delicious coffee glaze, that's what! Just mix your ingredients in a bowl and use the back of your spoon to spread them over your pork chops and chicken breasts. Then cook your dish like normal. The glaze will come out sweet, smokey and absolutely perfect.

3. Gravy

If you've never heard of "red-eye gravy," now is your chance to experience enlightenment. A staple of southern cuisine, it's made with a combination of black coffee and the dripping leftovers of pan-fried sausage or ham. You can also add flour to thicken it and make tasty country gravy. However you choose to make it, it'll definitely be a flavor with a kick.

4. Marinades

The best thing about a coffee marinade is that it can be made with the dregs of the pot, so if there's anything left in your [coffee maker](#) late in the afternoon, don't throw it away! Use it for a marinade instead. You can soak everything from bacon to short ribs in your deliciously tangy coffee mixture.

5. Rubs

Perfect for meat lovers, a coffee rub can be created with your desired mix of salt, pepper, paprika, oregano and filtered coffee grounds. You can also throw in some cocoa powder for a mocha-inspired flavor. Just make sure that your rub remains dry; if it gets sticky or tacky, it will become a glaze, and that has different cooking requirements than a rub.

6. Coffee Bits

Speaking [of bacon](#), did you know that you can use coffee grounds like bacon bits? Just sprinkle them over your dish before baking; they'll blacken nicely and give your meal a good crunch. You can also bake your grounds on their own cookie sheet before spreading them over cold desserts like ice cream. The sky is the limit when it comes to coffee bits; much like bacon bits, they make everything tastier.

7. Frosting

This is especially great for office parties where you've been assigned to bring the cupcakes. Instead of buying it pre-packaged, [make your own frosting at home](#); then use coffee to give it a little extra "oomph." All you have to do is switch out the milk in your recipe for a cup of espresso. The frosting (icing) will still have its regular, dominant taste of chocolate or vanilla, but it'll have a bit of a kick in the aftermath

8. Sauces

Coffee will caramelize with the right combination of temperatures and ingredients, so don't be afraid to add a little of your morning brew to your barbecue sauce. You'll make a beautiful golden-brown hybrid that will sing to your palette with every bite. You can do the same with other sauces, too.

9. Ice Cubes

If you've ever made popsicles out of Kool-Aid, this is the same principle. Simply pour some liquid coffee into an ice cube tray and stick it in the freezer. The result will be solid, coffee-flavored ice cubes that you can add to drinks, smoothies and frozen desserts. The coffee taste will only get stronger as the ice cubes melt.

10. Seasoning

Take home first place during your local chili-making contest when you add a little coffee to the mix. You can also use coffee flakes as seasoning for things like hot cocoa and oatmeal. The trick is to use a delicate hand until you're sure that you like the flavor; once you've tasted your creation and verified that you're a cooking god or goddess, you can go nuts with your coffee seasoning.

THANK YOU!