

# Spinney Kitchen

## Coffee

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### Coffee

<http://www.spinneykitchen.co.uk/catalog/Coffee.html>

### Coffee ware

<http://www.spinneykitchen.co.uk/catalog/Coffeeware.html>



The two most commonly grown species of the coffee plant are *Coffea canephora* and *C. Arabica*, which are cultivated in Latin America, Southeast Asia, and Africa. Coffee berries are picked, processed, and dried. The seeds are roasted at temperatures around 200 °C (392 °F), during which the sugars in the bean caramelize, the bean changes colour, and the flavour develops. The beans are roasted to a light, medium, or dark brown colour, depending on the desired flavour. The roasted beans are ground and brewed in order to create coffee.

Coffee has played an important role in many societies throughout history. In Africa and Yemen it was used in religious ceremonies. In the 17th century it was banned in Ottoman Turkey for political reasons. In Europe it was once associated

with rebellious political activities. Today, trade in coffee has a large economic value. Coffee is an important export commodity for many countries; in 2004, coffee was the top agricultural export for 12 countries and in 2005, it was among the world's top fifteen legal agricultural exports in value. From 1998 to 2000,

6.7 million tons of coffee was produced annually and forecasts predict that production will rise to 7 million metric tons annually by 2010.

The health effects of coffee are disputed, and many studies have examined the relationship between coffee consumption and certain medical conditions. Studies have suggested that the consumption of coffee lowers the risk of certain diseases but may have negative effects as well, especially when consumed in excess. The current consensus of medical experts is that moderate coffee consumption is not a health concern. Coffee is also a source of caffeine, and the majority of all caffeine consumed worldwide comes from coffee.

Coffee berries and their seeds undergo multi-step processing before they become the roasted coffee with which most Western consumers are familiar. First, coffee berries are picked, generally by hand. Then, the flesh of the berry is removed, usually by machine, and the seeds are fermented to remove the slimy layer of mucilage still present on the bean. When the fermentation is finished, the beans are washed with large quantities of fresh water to remove the fermentation residue. Finally the seeds are dried and sorted.

The next step in the process is the roasting of the green coffee. The roasting process influences the taste of the beverage produced by changing the coffee bean both physically and chemically. The bean decreases in weight as moisture is lost, but increases in volume, causing it to become less dense. The density of the bean influences the strength of the coffee. The actual roasting begins when the temperature inside the bean reaches 200 °C (392 °F). During roasting, caramelisation occurs as intense heat breaks down starches in the bean, changing them to simple sugars which begin to brown, changing the colour of the bean.. During roasting, aromatic oils, acids, and caffeine weaken, changing the flavour, but at 205 °C (400 °F), other oils start to develop. One of these oils is caffeol, created at about 200 °C (392 °F), which is largely re-

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sponsible for coffee's aroma and flavour.

Depending on the colour of the roasted beans, they will be labelled as light, cinnamon, medium, high, city, full city, French or Italian roast. Darker roasts are generally smoother, because they have less fibre content and a more sugary flavour. Lighter roasts have more caffeine, resulting in a slight bitterness, and a stronger flavour from aromatic oils and acids which are destroyed by longer roasting times. A small amount of chaff is produced during roasting from the skin left on the bean after processing. Chaff is usually removed from the beans by air movement, though a small amount is added to dark roast coffees to soak up oils on the beans. Decaffeination may also be part of the processing that coffee seeds undergo. Seeds are decaffeinated when they are still green. There are many methods which remove caffeine from coffee, but all involve either soaking beans in hot water or steaming them, then using a solvent to dissolve caffeine-containing oils. Decaffeination is often done by processing companies, and the extracted caffeine is usually sold to the pharmaceutical industry.

## Preparation

Coffee beans must be ground and brewed in order to create a beverage. Coffee beans may be ground in several ways. A burr mill uses revolving elements to crush or tear the bean; an electric grinder chops the beans with blades which move at high speeds; and a mortar and pestle grinds the beans to a powder, used for certain types of coffee, specifically Turkish coffee. The type of grind is often named after the brewing method for which it is generally used. Turkish grind is the finest grind, while the coarsest grinds, such as coffee percolator or French press, are at the other extreme. The most common grinds are between the extremes: paper filter grinds, which are used in most common home coffee brewing machines.

Coffee may be brewed by several methods: by boiling, gravity, steeping, or pressure. Brewing coffee by boiling was the earliest method used, and Turkish coffee is an example of this method. It is prepared by powdering the beans with a mortar and pestle, then adding the powder to water and bringing it to a boil in a pot called a cezve. This produces a very strong coffee with a layer of foam on the surface. Machines such as percolators or automatic coffee-makers brew coffee by gravity. In an automatic coffeemaker, hot water drips onto coffee grounds held in a coffee filter made of paper or perforated metal, allowing the water to seep through the ground coffee, absorbing its oils and essences.

Because of gravity, the liquid then passes into a carafe or pot, while the used coffee grounds are retained in the filter. In a percolator, boiling water is forced into a chamber above a filter by pressure created by boiling. The water then passes downwards through the grounds due to gravity, repeating the process until shut off by an internal timer. It may also be brewed by steeping, in a device such as a French press (also known as a cafetière). In a French press, ground coffee and hot water are combined in a coffee press and left to brew for a few minutes. A plunger is then depressed to separate the coffee grounds at the bottom of the container. Because the coffee grounds are in direct contact with the water, this method leaves all of the coffee oils in the coffee produced, giving it a unique flavour. It is usually stronger and thicker sediment than coffee made by an automatic coffee machine. The espresso method forces very hot, but not boiling, pressurized water through ground coffee. This results in a stronger flavour and more chemical changes, such as higher caffeine content. It also results in more bean particles in the liquid than in coffee made by an automatic coffee machine, and therefore has a thicker consistency. It has a reddish-brown foam that floats on the surface, which is called crema.



Grades of coffee roasting; from left: unroasted (or "green"), light, cinnamon, medium, high, city, full city, French and Italian

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## Presentation

Once brewed, coffee may be presented in a variety of ways. Drip-brewed, percolated, or French-press-style coffee may be served with no additives, with sugar, or with milk or cream. It may also be served cold, in which case it is called iced coffee. Espresso-based coffee may also be presented in a variety of ways. It may have milk added to make a drink such as caffè latte, which is espresso with steamed milk, cappuccino, which is equal parts espresso and milk froth, or caffè macchiato, which is espresso with a dollop of hot, foamed milk on top. Espresso may be served without milk, in a shot, or in a style such as café Americano, which is several shots of espresso, topped with hot water.



Espresso  
[ess-press-oh]

Caffè Latte  
[caf-ay lah-tey]

Cappuccino  
[kapp-oo-chee-noh]



Espresso Macchiato  
[ess-press-oh mock-e-ah-toe]

Flat White

Caffè Mocha  
[caf-ay moh-kuh]



Espresso con Panna  
[ess-press-oh kon pawn-nah]

Cafe Breve  
[caf-ay brev-ay]

Americano  
[uh-mer-i-kan-oh]