



Newsletter

Nuusbrief

Aug 2009

Over a cup of coffee

Oor 'n koppie koffie

Omdat Afrikaans my eerste taal is, wil ek graag almal wat moeite gedoen het om op ons Nuusbrief in te teken in Afrikaans te bedank. Ons wil elke maand 'n nuusbrief uitstuur met bruikbare inligting wat jou kan help om jou koffie-ervaring optimaal te geniet, en ook met nuuswaardighede oor die wêreld van koffie.

Great news: Moka Coffee Roasters' new state-of-the-art coffee roasting machine will be delivered via airfreight in South Africa later this week! Our roastery should be up and running towards the first week of September, which is at least two months later than expected, but certainly this is another consequence of the global economic downturn which affected the manufacturing of the machine in the USA.

Get to know your coffee terms

The most satisfying experience for any coffee aficionado is certainly to regularly enjoy that perfect cup of *aroma, body and flavour!* But, you may ask, what exactly do these terms mean? To help you find the definition of what your palate prefers when it comes to coffee enjoyment, we would like to define the most widely used terms to describe your favourite beverage:

- **Acidity** is a pleasant coffee characteristic found in high-altitude grown quality Arabicas, like Kenya. Acidity gives coffee that delicate sparkle or sharpness.

- **Aftertaste/Finish** is the feeling/flavour in the mouth after the coffee has been swallowed.
- **Aroma** is the pleasant fragrance released by hot, freshly brewed coffee.
- **Balance/Rounded** is the term used when all the characteristics of the coffee are in harmony and no single one dominates.
- **Bitterness** is a natural part of coffee and also desirable as long as it balances with sweetness. However, bitterness can be unpleasant when coffee is under- or over-roasted or over-heated on a burner.
- **Body** is a sense of texture/weight in the mouth. When thin, it is watery like some high-grown Arabicas. When thick it is like heavy liquor, as some Indonesias are.
- **Dry** denotes a type of acidity or mouthfeel accentuating delicateness like some Ethiopian coffees. (Dry is not the opposite of sweet, as in wine.)
- **Earthiness** is a taste like wet earth or mushrooms – to some a defect, and to others a desirable exotic taste.
- **Floral** is an aromatic characteristic reminiscent of flowers.
- **Fruitiness** refers to the flavours often found in good Arabicas, reminiscent of fruits like citrus and berries.
- **Gamey** refers to unusual flavours reminding you of cheese, as sometimes found in dry-processed East African coffees.
- **Mild** refers to light in body and low in acidity.
- **Smooth** means no sharpness in mouthfeel, just a neutral and pleasant drinking experience.
- **Sour** is undesirable, meaning just what the word says. Sour is the result of far too light roasts or over-fermentation during processing.
- **Sweet** is a very desirable characteristic which can easily be destroyed by too dark roasting.

How to make good coffee

From the plantation to the cup, coffee is probably the most labour-intensive commodity we know. (See our website at www.mokacoffeeroasters.co.za for more information about the process.) It takes about 150 roasted coffee beans to prepare the average cup of coffee. As coffee aficionado you have no control over this long process until the roasted beans or grounds become yours. The least you can do is follow some important steps to ensure the best results. This is what you need to know:

- **The degree of grind:** In general, you need a fine grind for filter coffee, an even finer grind for espresso, and a coarser grind for plunger coffee. Also, better results are achieved with burr grinders than with blade grinders.
- **How much coffee?** The ratio of coffee to water is 15 to 18 grams per 250 ml cup of water for 18% to 22% of the flavour components to leave the solid coffee and infuse into the water. If more than 22% of the flavour components are extracted, the coffee becomes harsh and bitter.
- **Water quality:** Only use fresh, cold water rich in oxygen. Filtered water gives excellent results.
- **Water temperature:** This should ideally be between 93 and 97 degrees Celsius, and certainly not boiling.
- **Keeping brewed coffee warm:** It is better to transfer brewed coffee into a pre-heated flask if you want to enjoy it later. Leaving it on a hot plate, like in most filter coffee machines, spoils the aroma.

-

Need new filter coffee machine?

Should you be interested in a new-technology filter coffee machine that will help you make the perfect cup of brewed coffee, please contact Moka Coffee Roasters for further information.

Find the coffee you really like

Coffee is like wine: if it suits your palate, it is a perfect coffee for you! But unlike the winemaker, we as **speciality coffee roasters** can, in partnership with you, find that perfect taste to suit your unique palate. What's more, we can prepare this freshly roasted and hand-blended coffee for you within hours.

So, give us a call and let's talk coffee!

I trust that these general practices, on which most coffee experts agree, will enhance your knowledge and enjoyment of coffee.

Until next time ...

Theunis Delpont