

# THE CUP THAT RULES

Coffee drinking has almost become a religion. Cashing in on the trend are a rapidly growing number of coffee houses offering every kind of flavour, combination, or permutation for consumers looking either for a quick fix of adrenaline, or maybe a bit of romance. **Fareeda Kanga** attempts to decode the now complicated world of a cup of coffee.



# LATZ

Legend has it that coffee was first discovered in or around the 9th century in Abyssinia (Ethiopia) by a young goatherd. He noticed that his goats liked to graze upon berries, which seemed to have interesting side effects—the goats jumped around, seemingly full of energy! Realizing that the berries must have some magical property, the young goatherd took a few back to the village elders. They boiled them with water and soon discovered the stimulating potential of the brew.

Today coffee drinking has been turned into a national past time in many countries, and is well established in India. "The taste of a particular coffee is determined by two factors—method of preparation and location or origin of the coffee," explains Akshay Tripathi, F&B Manager, Taj Lands End, Mumbai. The preparation of coffee is basically categorized under two styles—the French method of using a press, and the Italian way of machines and pressurized water.

Here are a few popular coffees from around the world that are now freely available in this country and worth a sample.

**Single Origin Coffees**  
This is defined as coffee grown within a single known geographic origin. It could be a standalone farm or a specific collection of beans from a single country. The name of the coffee is then usually the

place it was grown to whatever degree available.

Jamaica Blue Mountain Coffee is one of the most desirable, and therefore the most expensive coffees in the world. It is ground from beans grown on coffee plantations located in the Blue Mountains of Jamaica. "The coffee is known for its intense aroma, sweet taste, and fairly good body (feel in the mouth). There are no off flavours. The berries are always bluish-green and uniform in size," says culinary expert, Karen Anand.

Did you know the certifying board in Jamaica, in order to claim the name Jamaica Blue Mountain Coffee, specifies in great detail where the coffee is grown and at what altitude? For instance, only coffee grown in the parishes of Saint Andrew, Saint Thomas, Portland, and Saint Mary, at an altitude between 3,000 and 5,500 feet, can be called Jamaica Blue Mountain coffee.

Kopi Luwak is the world's most expensive coffee. (We sampled it at a five star coffee shop at ₹1,100 for just one cup!) It really is a great tasting brew and many would claim it to be some of, if not the best in the world. But the story behind this coffee is not for the faint of heart... It is made from Indonesian coffee beans which have been eaten by the Asian Palm Civet. After passing through the animal's digestive system, the beans are washed, sun-dried, roasted, and processed to yield an aromatic coffee with a hint



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#### Indian Single Origin Coffees

**Aged Monsoon Malabar:** "It is our Single Malt in our coffee menu," says Chef Jaydeep Mukherjee, Head Chef of Indigo Deli. Brewed in a French press, this is probably the best all day coffee. Smooth, earthy, with a mix of tobacco and spice in the after-taste, this medium-bodied coffee is the best accompaniment to a dessert. It's great with breakfast or after a meal or on the go. Best had black.

**Indian Peaberry:** The finest India has to offer. It makes for a really well balanced cup with a bright acidic tang. Best had with milk.

#### Blended/ Flavoured Coffees

Blended coffee, on the other hand, is a combination of different single origin coffees mixed together. Sometimes flavour enhancers such as vanilla or chocolate are added to the coffee.

**Mocha Coffee:** Mocha coffee, as the name suggests, tastes and smells of chocolate. In fact, the name of this coffee has led to the word 'Mocha' being associated with chocolate even though coffee might not be an ingredient. However, go into any coffee shop and ask for 'Mocha' and you will get a chocolaty coffee (usually made with the addition of chocolate syrup). So it is a little bizarre to open a packet of Mocha coffee and discover it smelling of chocolate!

The ultimate Mocha coffee beans come from Yemen and connoisseurs consider the Yemeni beans the best that money can buy. Whilst roasting this coffee Anand advises, "Keep in mind that the aromas in coffee develop at the 10th minute of roasting and coffee increases in volume during roasting by 18.60 per cent." Due to the harsh, hot, dry climate, the coffee beans are as unique as its distinct taste. No doubt about it, authentic Mocha coffee is a pleasure to drink.

**Mysore Coffee:** A blended coffee to make Indians proud! Mysore is an excellent coffee with hints of earthiness and some subtle spicy notes. It is well balanced and mild, with pronounced body and low acidity, and is very popular abroad. The coffee is often described as smooth, spicy, and full-bodied. In fact, this is a good coffee to mix with Mocha beans from Yemen to make the popular blend of Mocha Mysore. Akshay Tripathi says he finds local blends like Mysore and those with a mix of chicory appeal to



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**Calypso Coffee (hot)**  
1 cup hot coffee (preferably Jamaica Blue Mountain)  
1/3 tbsps light rum  
3/4 tbsps Tia Maria  
Whipped cream  
Heat all ingredients together  
Top with whipped cream

**Cafe Borgia (hot)**  
1/2 cups strong mocha coffee  
1/2 cups hot chocolate  
Whipped cream  
Mix coffee and hot chocolate  
Top with whipped cream and orange peel

**Spice Coffee (hot)**  
8 tbsps Kenya coffee  
8 cups water  
Peel of one large orange and lemon  
3 cloves  
4 teaspoons sugar  
Mix coffee and spices and brew in water  
Add sugar to coffee and serve

**French Vanilla and Almond Coffee (hot)**  
1/3 cup ground French Vanilla coffee  
1 tspn vanilla extract (only add if French Vanilla coffee is not

available and using regular coffee)  
1/2 tspn almond extract  
1/4 tspn star anise  
Place coffee in a blender or food processor fitted with steel blade.  
In cup, combine remaining ingredients. With processor running, add flavourings. Store in refrigerator. Brew in hot water before serving.

**Gullemo (cold)**  
A sweetened shot of espresso poured over crushed ice drizzled with lime. Traditional in Italy.  
Single espresso shot  
Sugar syrup to taste  
Crushed ice  
Lime wedge (for garnish)  
Blend all ingredients and pour over crushed ice

**Café Affogato (cold)**  
1 scoop vanilla ice cream  
2 tbsps finely chopped bittersweet (not unsweetened) or semisweet chocolate  
1 hot freshly brewed coffee  
1 tbsps dark rum (optional)  
Put the ice cream into the coffee cups and add 1 tablespoon each of chocolate, espresso, and rum over ice cream and serve immediately.



South Indian customers who are addicted to their filter coffee.

**French Vanilla Coffee:** French Vanilla coffee is one of the most preferred flavoured coffees throughout the world because it has a very distinct and enhanced vanilla aroma. French vanilla coffees are made up of natural ingredients and free from sugar, calories, etc. No matter what kind of coffee you like, you will surely love your vanilla flavoured coffee! "Whether you want to have it with a standard breakfast of sweet and creamy pancakes or salty sausages, this is definitely the cup of coffee that will perfectly meld with your delicious breakfast, thus turning your morning into a memorable one," suggests Karen Anand.

#### Coffee Shop Etiquette

Turn off your cell phone when you go to a coffee shop. If this is not possible, then please put your phone on vibrate.

Turn the volume off on your laptop. No one wants to hear your laptop loudly scream "you've got mail." It is annoying, and it will disturb patrons who are studying, reading, or working on paperwork.

When it comes to talking, follow the protocol of the coffee shop. Observe the people around you. Are they talking? Do the same. Some coffee shops are more like libraries. If you are in one of these coffee shops and you need to have a conversation with your friend, then go have it outside.

Wipe up your spills. Nothing is worse than accidentally putting your laptop down in a puddle of water or coffee left from a previous customer.



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