



Coffee.LifeTips.com



Category: Brewing Coffee

Subcategory: General

Tip: How fine to grind the coffee beans

You'll want to buy a coffee grinder that allows you to vary the coarseness of the coffee grinds. The grind should suit the coffee brewer you are using and the type of coffee you are making. Here are the difference between basic coffee grinds: Course Grind: This coffee grind is fairly large, suitable for French presses and percolators. Medium Grind: An all-purpose grind, suitable for most drip type brewers. Has the consistency of table salt. Fine Grind: This is the grind you would want for espresso. If you like your coffee really strong you can use this grind in your drip type brewer. For a grinder that gives you complete control over the coarseness of the coffee bean grind, try the Melitta Burr Grinder.

Tip: Make your gourmet coffee with good water

Use fresh, cold water. Because perfect coffee is over 98% water, filtered and bottled water is preferable. Some mineral content is desirable although this will depend on the quality of the water in your area. Harsh chemicals in your water source can seriously affect the quality of your cup of coffee. After all, if you're going to buy gourmet coffee beans and invest in a good coffee grinder and brewer - it doesn't make much sense to then spoil the final cup with poor quality water.

Tip: The right proportion of gourmet coffee beans to water

To enjoy a great cup of gourmet coffee, you need to get the proportion of coffee to water right. Once you know the basic equation, you can adjust the quantities to suit your taste. Here's the basic brewing equation: 2 heaped tablespoons of coffee + 6 ounces of good water + a brewing time of 4-6 minutes. The same equation applies to all coffee brewing methods - whether you are using a French Press, coffee brewer or percolator

Category: Buying Coffee

Subcategory: General

Tip: Check out the country of origin

The growing region has a lot to do with the taste of your coffee. For a milder, balanced brew that pleases many coffee drinkers, start by trying beans from Latin America - from Brazil, Colombia and other coffee-growing countries in the region. For more exotic, subtle tastes, try coffees from Africa or Indonesia. There are hundreds of different

gourmet coffee beans to try, and all will offer your taste buds some subtle and rewarding pleasures. You'll find a wide choice of gourmet coffee beans from many different coffee-producing countries here.

Tip: Decaffeinated coffee - does it taste as good?

The answer is, yes and no. :) Here's the problem. The decaffeination process is achieved either with a solvent, or with charcoal - the Swiss Water process. Whichever process is used, it's not only the caffeine that is removed. You also lose some flavor. Why? Because a coffee bean is a complex and delicate thing. In order to remove the caffeine, you have to be a little brutal with the bean. As a result, many of the subtleties of a bean's flavor are lost. To get a flavorful cup of decaffeinated coffee, you need to start with a really superlative green bean. So even when some flavor is lost, there is sufficient remaining to reward your taste buds. If you love coffee and want decaffeinated, be prepared to pay a little extra. The best green beans cost more. For everyone else, who wants to pay rock-bottom prices, don't be surprised if your decaf tastes bland and uninteresting. For some quality decaf coffee beans, try here.

Tip: What is 'Flavored' Coffee?

Some people love to have their coffee flavored - with vanilla, hazelnut, cinnamon, almond and a number of other flavors. In fact, some people who don't like regular coffee, love flavored coffees. (And hard-core gourmet coffee fanatics would rather walk through fire than have their coffee `tainted` with some other taste!) There are two ways to get your coffee this way. The first is to buy whole beans that have already been flavored. You just buy the beans and then grind and brew as usual. The added flavor is `in the bean`. The other way is to buy regular gourmet beans, make the coffee and then flavor the finished brew with a syrup. How you choose to prepare your flavored coffees depends on whether there are just one or two flavors you like, or whether you like to try a lot of different tastes. For one or two flavors, buy flavored beans. For a broader range of choices, buy regular beans and all the different syrups you want. Here's is an excellent selection of flavored coffee beans.

Category: Coffee & Health

Subcategory: Coffee & Health

Tip: Can Coffee Protect Against Parkinson's and Alzheimer's Disease?

You might grab that last to-go cup of coffee because it will help you through the morning meeting but there might be longer lasting benefits of coffee. A coffee health study has indicated that drinking coffee might provide some protection against Parkinson's disease, at least in men. There is also a study that caffeine can offer protection against

Alzheimer's disease. Dr. Sally Vater, speaking at a symposium, Coffee: Breaking News about Health, Fitness and Performance, said men who drank more than three cups of coffee per day showed reduced incidence of Parkinson's. Women did not have the same results. Vater said postmenopausal women who take hormone supplements could cause for less dramatic results in women because of the interaction of caffeine and estrogen. The reasons coffee could protect against Alzheimer's, she said, are coffee's antioxidant component and the fact that caffeine interacts with brain receptors. Vater says that while data supports the idea that caffeine in coffee can help protect against the disease, it is not definitive. The National Parkinson Foundation agreed that the study was not conclusive and that the protective effect should be studied further. The Alzheimer's Society said research suggesting protective powers has been conducted on a small sample and more research must be done.

Tip: Do You Suffer From Coffee Addiction?

If you have a compulsive need for coffee, have built up a tolerance to it and suffer from headaches or difficulty concentrating when you cut back or cut out your coffee consumption, you could have a coffee addiction. Caffeine is a stimulant and it is the most widely used behaviorally active drug in the world, according to a study by the Johns Hopkins University School of Medicine, Behavioral Biology Research Center . In North America, 80 percent to 90 percent of adults report regular use of caffeine and consume about one to two mugs of coffee or three to five bottles of soft drink per day. Overuse of caffeine use can be associated with caffeine intoxication, caffeine withdrawal, caffeine dependence, caffeine-induced sleep disorder and caffeine-induced anxiety disorder, according to Johns Hopkins. The John Hopkins School of Medicine set up a caffeine therapy program for people who have difficulty cutting back on their own. The program teaches participants to gradually reduce caffeine consumption over time by substituting decaffeinated or non-caffeinated products, Roland Griffiths, Ph.D., professor of psychiatry and neuroscience at Johns Hopkins, said. Using this a method allows people to reduce or eliminate withdrawal symptoms, he said.

Category: Coffee Beans

Subcategory: Coffee Beans

Tip: Great Roasted Coffee Starts With The Beans

A great cup of roasted coffee starts with the beans. Whether you buy coffee beans and ground them yourself or prefer to use ground coffee, the bean makes a big difference in what your coffee is going to taste like. The most popular type of beans today, according to the Coffee Research Institute, are Arabica coffee beans. They make up 75-80 percent of the world's production. Factors that will affect the flavor and quality of the coffee including the growing region, variety of plant, chemistry of the soil and the

weather in the region, according to the National Coffee Association of the U.S.A. Then there is the roasting. Every type of bean will have a different flavor at different roasting temperatures, according to the Coffee Research Institute. This is where the roaster's skill comes into play: A light roast coffee is light brown and this roast is preferred for milder coffee varieties, according to NCA. Medium roasts are medium brown and have a stronger flavor, according to NCA. Medium to dark roasts have a rich, dark color with some oil on the surface and a slight bittersweet aftertaste. Dark roasts are shiny black beans with an oily surface and a pronounced bitterness. The darker the roast, the less acidity will be found in the beverage, according to NCA. .

Subcategory: General

Tip: Choose coffee beans to suit your taste

When you buy whole beans, you really know what you're getting. As you get to know coffee better, you'll come to know whether you prefer a dark, medium or light roast. And you'll get to know which parts of the world grow the beans that best suit your taste.

Tip: What are Gourmet Coffee Beans?

Twenty years ago nobody was that interested in the quality of coffee they drank. The coffee in diners, restaurants and in our homes was of a poor quality, and nobody really questioned it. But in recent years, millions of people have discovered the delicious taste and aroma of gourmet coffee. Now you can buy and grind your own gourmet coffee beans and enjoy flavors from all the coffee-growing areas of the world.

Category: Coffee Beverages & Recipes

Subcategory: General

Tip: Christmas Coffee

Eggnog is great, but this holiday season, why not surprise family and friends with a new holiday drink? This flavored coffee treat features nutmeg, cinnamon and cocoa. * 1 pot of coffee (10-cup equivalent) * 1/2-cup sugar (baker's sugar is best with it's smaller quicker to dissolve granules) * 1/3-cup water * 1/4 cup unsweetened cocoa * 1/4-tsp. cinnamon * 1 pinch grated nutmeg * Whipping cream for topping Prepare pot of coffee. In a medium saucepan, heat water to a low boil. Add sugar, cocoa, cinnamon and nutmeg. Bring back to a low boil for about a minute, stirring occasionally.

Tip: Coffee Fudge Brownies

If the world is divided between those who love cakey brownies and those who prefer

theirs fudgey, there's widespread agreement in both camps that a hint of coffee flavor is the best way to improve upon something that nearly defies improvement. Notice I said hint. Our aim is to add a whisper of coffee flavor, not shout it from on high – these are brownies, after all – and we achieve that end with a subtle one-two coffee punch: a bit of ground coffee, and some coffee liqueur. Warning to those of you, like me, who have a habit of licking utensils and may wonder about this: the coffee flavor is muted in the batter but more prominent in the baked brownies. 3/4 cup (1 1/2 sticks) unsalted butter, in several pieces 8 ounces semisweet or bittersweet chocolate, coarsely chopped 2 tablespoons finely ground, almost powder-like coffee (see note below) 2 tablespoons Kahlua or other coffee liqueur 1 cup granulated sugar 1 cup packed light brown sugar 4 large eggs, at room temperature 2 teaspoons vanilla extract 1 1/2 cups all-purpose flour 1/2 teaspoon salt 1 cup chopped walnuts or pecans

1. Put the butter in the top of a double boiler and begin to melt it over barely simmering water. As butter starts to melt, add the chocolate, spreading it evenly rather than dumping it in one big pile. Leave the mixture over the heat for about 5 minutes, until melted, then stir to smooth. Transfer the top of the double boiler to a cooling rack and stir in the ground coffee and Kahlua. Cool for 15 minutes.
2. Meanwhile, preheat the oven to 350 degrees. Lightly butter a 9- by 9-inch cake pan and dust it with flour, knocking out the excess. (Do not use a smaller pan.) Set aside.
3. Combine the sugars in a large mixing bowl. Rub with fingers to break up any lumps. Add the eggs. Using an electric mixer, beat on medium-high speed for about 30 seconds, until well blended. Blend in the vanilla. Add the melted chocolate and blend on medium speed just until evenly mixed.
4. Sift the flour and salt into a medium bowl. Stir it into the chocolate mixture, about half at a time, until evenly mixed and no dry streaks remain. Stir in the nuts. Scrape the batter into the prepared pan and smooth with a spoon.
5. Bake the brownies on the center oven rack for 30 to 35 minutes. When done, the brownies will have risen somewhat and will have a thin, brittle top crust. A toothpick, inserted at the center, should emerge with a little batter attached. Try not to over bake.
6. Transfer the brownies to a cooling rack and cool thoroughly. To get the cleanest cuts, cover and refrigerate for several hours before slicing. Serve slightly cool or at room temperature.

Makes 16 brownies Note: Whenever I need to make finely ground coffee for a recipe such as this, I do it in either my blender or – even better – my mini-chopper style coffee grinder. For best results I'll usually mix in a bit of the total amount of sugar with the coffee beans – perhaps 2 to 3 tablespoons. Find more delicious coffee recipes here in our [Coffee Lovers' Recipe Collection](#)

Tip: Flavored Coffee As Dessert

For those with a sweet tooth, flavored coffee can serve as a great alternative to dessert! Next time you are craving a bowl of vanilla ice cream or a chocolate silk pie, try vanilla cream or chocolate fudge flavored coffee instead. You'll satisfy your craving without going over your calorie limit. If you aren't counting calories, but love the idea of coffee and chocolate after dinner, you should also try the decadent recipe below: Ingredients: * 3-1/2 oz. best-quality milk chocolate, very finely chopped * Few grains of salt * 1/4-cup

heavy cream * 1-cup water * 2 tsp. instant coffee * Optional garnish of lightly sweetened whipped cream * Shaved or grated milk chocolate Method: In small microwaveable bowl, combine finely chopped milk chocolate and salt. Microwave at 50 percent (medium) power for thirty-second intervals, stirring well after each, just until chocolate is almost melted, then stir until completely melted and smooth. On high power, heat heavy cream until it is very hot. All at once, add hot cream to melted chocolate. Stir or whisk briskly until smooth (if you absolutely cannot get this mixture smooth, process at high speed in a food processor fitted with steel blade just until smooth). In two-cup liquid measure, heat water on high power until very hot. Add instant coffee to hot water and stir in well. Gradually add about half of hot coffee to milk chocolate mixture, stirring or whisking well after each addition. Add this mixture back to the remaining hot coffee in the two-cup liquid measure. If necessary, heat beverage in two cup liquid measure at 50 percent (medium) power until steaming hot. Divide between two mugs (8 ounces each). If desired, garnish as suggested above. Serve immediately.

Category: Coffee Equipment

Subcategory: Coffee Equipment

Tip: Buying The Right Coffee Equipment

Choosing coffee equipment can be as challenging as deciding on any other kitchen appliance. Do you live alone? You might want a single-cup machine. Have a family of coffee drinkers? You probably need a multi-cup brewer that makes 10 to 12 cups. Can't live without cappuccino or espresso? You can have your own automatic machine right on your countertop? For a throwback a more glamorous era, there is the French press. Don't forget about the type of coffee you drink. If whole beans are your passion, you'll need a good grinder, one sized appropriately for your coffee drinking and serving habits.

Tip: Ready For Some Homemade Cappuccino?

If you're ready to invest in a cappuccino machine for your home, you will find that there are many pieces of coffee equipment out there designed to make the hot, frothy beverage. New high-tech machines will make your favorite brew without you having to think too much about what you are doing. But before you get to that point, it's time to think about your cappuccino, and possibly espresso, preferences. Do you want the machine to make one cup or two? How much of a kick do you want? New models will allow you to make a little 1-ounce cup or a whopping 16-ounce cup of java. Check out the size of the water container. This will indicate how many cups of coffee you can make before refilling. Want some control over aroma and strength? Some models give you barista power with push button controls. Like it hot? Look for a model with more than one temperature setting. Lastly, what models do you like for their looks? Let's be honest – this is one piece of coffee equipment that has some wow factor. How much

wow do you want?

Category: Coffee Gifts

Subcategory: Coffee Gifts

Tip: Coffee Gifts For Any Budget

Green Mountain Coffee Roasters Tip: Gourmet comes in all sizes - small packages, from individual serving Keurig gourmet kcup coffee to larger packages, including 12-ounce bags from gourmet companies including Green Mountain Coffee Roasters. Gourmet coffee can come in several roasts, including light roasted beans, which are bright and vibrant, with fruit notes. It comes in medium roasts and blends of light and darker roasts, which are deep, rich and full-bodied. Dark roasted coffees are specially roasted for espresso, lattes and cappuccinos. Contrary to popular belief, a strong tasting gourmet coffee does not have more caffeine than a regular cup. The caffeine does not actually add or detract from the taste. It is recommended that gourmet coffees are ground just before brewing. Gourmet single-cup coffee comes with a "best used by" date so that you get the best flavor from your coffee. Specialty coffee does not have to be expensive. According to the Specialty Coffee Association, most estate grown coffee sells for \$12 per pound, which gives you about 50 cups, or a cup for 24 cents per cup.

Category: Coffee Grinders

Subcategory: Coffee Grinders

Tip: Commercial Coffee Grinders

One pound of coffee is the maximum for most large personal coffee grinders, but that is the low end for commercial coffee grinders. Commercial grinders are great for coffee houses, supermarkets and other places must handle a lots of coffee beans daily. A commercial grinder is a bit excessive for most home users. There are many companies that make commercial grinders and one of the better know is BUNN. Within the commercial grinder categories there are two main types of grinders: bulk and portion control. The bulk grinders can hold between 1-3 pounds. They are designed to help sell more for specialty coffee stores and retail coffee sales. On BUNN model can grind a pound of bean in under 30 seconds. Portion control grinders hold 3-9 pounds. The have a doser hopper, where beans remain, allowing customers choose the right portion of beans. The Rancilio commercial grinders are designed to handle about 6.5 pounds of beans per hour. The beauty of a commercial grinder is that it can handle a lot of beans and grind them to cut the bean rather than pulverize it to keep the flavor and produce grinds of the right size for a customer's brewing needs. Commercial grinders are also

designed to clean much faster than residential models. Of course, all that extra power comes at an extra price.

Tip: Getting The Right Grind

The goal of a proper grind is to get the most flavor from your coffee and the grind should match the brewing method. The size of the grind is important to the flavor of the coffee. If you buy whole bean coffee, you will want to grind your beans as close to brew time as possible - no more than two minutes before. Drip coffee requires a medium grind, espresso requires a fine grind, a French press and vacuum pot require the largest grind. The rule of thumb is that the finer the grind, the more quickly the coffee should be brewed. For instance, the grounds used in an espresso machine are finer than those that are to be brewed in a drip system. To become familiar with the sizes of grounds, pick up some grounds and rub them between your fingers. Once you have the right grind and have brewed a pot, do not reuse the grounds. The desirable flavors will have been extracted during the first brew and all that will be left are the bitter undesirable flavors.

Subcategory: General

Tip: Drip brewers - not Percolators

Choose a good quality drip brewer. These are the units that drip water, at the right temperature, through the grounds, through the filter and into your jug or carafe. For a great drip brewer with an insulated carafe and a built-in coffee grinder, consider the Melitta Mill & Brew Coffee Brewer. A percolator will not brew good tasting coffee. Firstly, the brewing time is far too long. Secondly, there is constant conflict of temperatures: the first blip of the percolator is cold by the time it reaches the grounds, which, in turn, are cold. After a few minutes, the grounds are super saturated with cool water, which starts dripping through the mesh into the cool water below, where temperatures are constantly changing. The whole percolator process is really quite awful, producing an over extracted foul tasting cup of coffee.

Category: Commercial Coffee Makers

Subcategory: Commercial Coffee Makers

Tip: Single Cup Machines For The Commercial Coffee User

Green Mountain Coffee Roasters Tip: If you use a Keurig one-cup brewing, it should be descaled every 3-6 months. For routine cleaning of the machine, use a soapy, damp non-abrasive cloth. The K-Cup holder and funnel, drip plate, drip tray and removable water reservoir on some Keurig brewers are dishwasher safe. The removable water

reservoir lid is not dishwasher safe. With one-cup brewing machines that stop after a single cup growing in popularity, this is a good feature for traditional coffee makers to offer. However, not all coffee makers come with the feature and some of the major companies only offer this on some models. Keurig coffee makers all stop at the end of a cup because the company's brewers are single-cup machines. With Keurig brewers, you don't have to worry whether your coffee machine has this feature.

Tip: Single Cup, Big Bucks?

Green Mountain Coffee Roasters Tip: Commercial coffee makers that serve one cup are a growing trend and popping up in a lot of places, including the office, making "K-Cups" an everyday word. The beauty of K-Cups is that no pot will be too weak or too strong because an employee of the supermarket or coffee bar put too many or too few coffee grinds in the filter. With single- cup coffee, coffee does not sit out too long before getting to a customer. Each cup is made for the individual buying it. One-cup machines also remove concern about temperature or burnt coffee being sold because there is no coffee pot sitting on the burner. Green Mountain Coffee Roasters offers most of its seasonal and specialty flavors in K-Cups. The company also offers samplers, organic and fair trade coffee, decaf and flavored coffee in single-servings.

Category: Fair Trade Coffee

Subcategory: Fair Trade Coffee

Tip: Shade Will Help Coffee Farmers And Their Crops

What do rain forests have to do with coffee? Gourmet coffee beans are produced at a high elevation in Asia, Latin America and Africa, which are also forestlands that are home to many species of wildlife that can be found no where else. Since coffee started to become more popular after the 1970s, coffee growers have removed many shade trees and replaced them with high-yield full-sun varieties of coffee plant. Full sun has lead to soil erosion, which requires fertilization and pesticides. It has also removed the natural habitat for wildlife that lived in the forests. Scientists say this is harming songbirds. It has also altered the migratory pattern of birds that travel through this region. At least half the coffee in Latin America has been converted to full sun and this land is of no value to birds and other wildlife. Organizations such as the Rainforest Alliance are working toward helping farmers stay in the shade coffee business through reforestation and getting the word out so that companies and consumers make decisions with the environment and sustainable development in mind. Green Mountain Coffee Roasters is a partner company to the Rainforest Alliance. To purchase coffees that keep coffee farmers and their communities in mind, look for Green Mountain Fair Trade coffee and Organic coffee in whole beans, grinds and single cup K-Cups.

Tip: What Is Fair Trade Coffee?

Fair Trade Coffee is a certification that coffee farmers are paid a fair price and that farms enjoy freedom of association, safe working conditions and living wages. Farmers and farm workers invest Fair Trade premiums in social and business development projects. Fair Trade Coffee makes it more possible for farmers to lift themselves out of poverty by deciding how to invest revenues and compete in a global marketplace. So, how will you know if a coffee is a Fair Trade Coffee? Look for the label. TransFair USA, a non-profit organization, is the only independent, third-party certifier of Fair Trade products in the U.S. It allows American companies to display the Fair Trade Certified label on products that meet strict Fair Trade standards. Coffee is not the only product that can carry the Fair Trade label. Tea, herbs, cocoa, chocolate, fresh fruit, sugar, rice, and vanilla can also be certified. Green Mountain Coffee Roasters offers Fair Trade certified coffee in whole bean, infusion, manual drip, auto drip, espresso, Turkish and K-Cups. On its website, Green Mountain assures customers that choosing Fair Trade Certified Coffee improve the quality of life in coffee communities around the world while getting a great cup of coffee.

Category: Flavored Coffee

Subcategory: Flavored Coffee

Tip: Ignore Coffee Snobs And Enjoy The Flavor

A coffee snob or purist may insist on keeping coffee the way it comes out of the pot, but when it comes to flavored coffee, flavor lovers have a lot of company out there. Using coffee as a foundation for flavoring is not a new concept. In the Middle East, adding cardamom to coffee is a tradition. In Mexico, cinnamon has been added to coffee for years. Coffee companies do a lot of the work for you by producing the flavored coffee. Although you might give your coffee snob friends a kick start, you can add to it by adding syrups, creams, cinnamon or milk.

Tip: Sweet Season For Seasonal Flavored Coffee Baskets

Green Mountain Coffee Roasters Tip: Many coffee companies offer coffee baskets that include multiple coffee flavors, as well as baskets that include coffee and desserts, breakfast treats or other food. Green Mountain Coffee Roasters sells a coffee basket that includes flavored coffee and treats. The Chocolate Lovers Dream Basket includes coffee, chocolate cake mix, chocolate sauce and organic chocolate bars. For the person on your list who has a Keurig coffee maker, there are also lots of flavored coffee options — including Mocha Nut Fudge. With Christmas around the corner, consider trying a cup of Fair Trade Spicy Eggnog coffee (in decaf, too) or enjoy a hot cup of Joyful Season Blend with its cloved fruit and chocolate flavors. Let the spices in Fair Trade

Holiday Blend warm you up on a cold day. The names of the flavored coffees alone will make you want a cup: Fair Trade Pumpkin Spice, Fair Trade Gingerbread, Vanilla Cream, Caramel Cream, Chocolate Raspberry Truffle and Wild Mountain Blueberry. You can order the coffee and baskets directly through the company's website.

Tip: Sweet Season For Seasonal Flavored Coffee Baskets

Fall and winter are great seasons for coffee lovers who also enjoy sweets. This is the time of year coffee companies offer seasonal coffee flavors inspired by popular desserts. How does pumpkin pie without the calories sound? How about gingerbread or eggnog? For a special treat, enjoy them on their own in the afternoon, after dinner, or pair them with dessert. You are probably not the only coffee lover in your circle of family and friends and special coffee flavors make great hostess or holiday gifts. If you prefer more traditional flavors, there are also year-round favorites, including vanilla and hazelnut. Flavored coffee is a good gift whether or not the person you plan to give it to is watching calories.

Subcategory: General

Tip: Good Tasting And Good For You!

Though it tastes indulgent, much like regular coffee, many flavored coffees have virtually no calories, fat, carbohydrates or sodium. They also don't have additional sweeteners or sugars of any kind. What flavored coffee does provide are trace minerals such as Thiamin, Niacin, Folate, Phosphorus and Magnesium – all of which your body needs. Coffee is also a good source of Potassium and Riboflavin.

Tip: New Flavors From Old World Traditions

Americans weren't the first inventors of flavored coffee – not by a long shot. By the middle of the 15th Century, people in Arabian countries were enjoying coffee with spices such as cinnamon, cloves and nutmeg. Next came additions like chocolate, citrus and even spirits. Now, flavors of coffee have grown exponentially, from the more well known like vanilla and hazelnut to the more exotic such as wild mountain blueberry or cinnamon roll. Flavored coffee is generally divided into four categories: vanilla-based flavors, chocolate-based flavors, fruit-based flavors and spice-based flavors.

Vanilla-based flavors include creams like Irish cream and French Vanilla and nut-based flavors such as hazelnut and macadamia nut. The chocolates include decadent flavors such as chocolate mint and chocolate macadamia nut. Orange and chocolate raspberry are part of the fruit family and spiced flavors include cinnamon and nutmeg. Not sure which coffee is worthy of your favorite mug? That's no problem! First, think about your favorite foods and aromas. Do you prefer praline pie to chocolate mousse? Do you love the summery smell of citrus or the warm winter scent of Allspice? Choose a few new flavors that emulate your favorite foods, and you're sure to find a flavor that suits you.

Category: Gourmet Coffee

Subcategory: General

Tip: Be careful with ANY supermarket coffee

As you browse the supermarket shelves, be careful about what you select. First, look for whole beans. If you buy ground coffee, you can be sure it won't be as fresh as coffee you grind yourself. And if you buy tins of ground coffee, more often than not you'll be buying a blend of all kinds of different coffees, some of which may have come from lower-quality beans. And when you buy bags of beans, make sure the packaging is air-tight and that the bag has a special one-way valve. (Sometimes hard to find - but these valves are usually on the front of the bag, near the top.)

Tip: Café Au Lait vs Café Con Leche

Café con leche is Spanish for "coffee with milk," and it means the same thing as café au lait, which is French, and caffè e latte, which is Italian. Also, the word "misto" is often used to refer to a café au lait. This drink is made by mixing coffee made from a drip or French press machine and scalded (not steamed) milk in a 1:1 ratio. In some American coffeehouses, a café au lait is actually a cappuccino or latte (made with steamed, not scalded, milk) with regularly brewed coffee instead of espresso. If you have more questions about coffee, check out: <http://www.coffeeforums.com/>

Tip: Caffeine Amount in Espresso

It's a common misconception that espresso has more caffeine than regularly brewed coffee. The average single shot of espresso (made with arabica) contains between 45 and 70 mg of caffeine. A 12 ounce cup of instant coffee can have as much as 350mg of caffeine. However, since espresso doesn't refer to a type of coffee, but rather the brewing method used to make it, how much caffeine in it will depend upon the beans used. Robusta coffee beans contain 40-50% more caffeine than arabica coffee beans. In Italy, many espresso blends are based on dark-roasted robusta. If you're concerned about how much caffeine is in your espresso drink, ask your barista whether they use arabica, robusta, or a blend. Or ask them to make your espresso with decaf.

Subcategory: Gourmet Coffee

Tip: A Coffee-Lovers Love Of Espresso

Espresso grounds, according to Green Mountain Coffee Roasters, feel almost like confectioner's sugar in your hand and can be compressed with little effort. The brew

from these grounds is heavily extracted and tastes rich and heavy. Green Mountain's Dark Magic Extra Bold K-Cup offer the rich aromatics and flavor qualities of espresso, but they are designed for the K-Cup. If cappuccino is your drink, texturing milk for lattes and cappuccinos is something of an art. The right tools include a 20-ounce steaming pitcher is perfect for steaming and stretching milk for one to four espresso drinks. Made of durable stainless steel, it features a *reverse* bell shape — with walls narrowing toward the rim — which helps keep steamed and stretched milk in the pitcher during spinning and twirling. A pouring lip directs textured milk and foam, making it easier to control your pour. When texturing milk for coffee drinks, start with ice-cold milk and an ice-cold pitcher, too. Need more milk? Invest in the Bodum Frother, which froths milk quickly and easily. Insert the whip end into cold milk and then push the button. The frother whips into action, creating a nice froth that will last in hot beverages. It works best with cold milk.

Tip: Give The Gift Of Gourmet

The increasing popularity of gourmet coffee has made gourmet coffee gift baskets a popular gift for any occasion, from a birthday to the holidays. Specialty coffee shops in shopping malls dedicate more space to coffee-related products than they do to the beans or the coffee counter. These include prepackaged gifts at the holidays. Specialty coffee companies sell their gourmet signature roasts and blends, but many go beyond the bean to provide gifts that complement the coffee. Some also sell food, mugs and products made in the countries that produce gourmet coffee beans. Are you buying a gift for a dessert coffee drinker? Gourmet coffee companies make it easy to pair it with chocolates, dessert baking mixes, hot chocolate and a mug to drink their evening beverage in. Gourmet coffee has made coffee a more personal gift because of the many different roasts, flavored coffees, whole beans, fine grinds and coarse grinds. Getting just the right beans shows that you know something about the person to whom you are presenting the gift. Green Mountain Coffee Roasters has gourmet coffee gifts for people who drink a little or a lot of coffee, coffee enthusiasts, coffee drinkers who like to make their own mocha by combining coffee and hot chocolate. There is a better world gift basket with organic and fair trade products, coffee cakes, insulated glasses, coffee presses and more.

Tip: Gourmet In All Sizes

Gourmet comes in all sizes - small packages, from individual serving Kuerig gourmet K-Cups to larger packages, including 12-ounce bags from gourmet companies including Green Mountain Coffee Roasters. Gourmet coffee can come in several roasts, including light roasted beans, which are bright and vibrant, with fruit notes. It comes in medium roasts and blends of light and darker roasts, which are deep, rich and full-bodied. Dark roasted coffees are specially roasted for espresso, lattes and cappuccinos. Contrary to popular belief, a strong tasting gourmet coffee does not have more caffeine than a regular cup. The caffeine does not actually add or detract from the taste. It is

recommended that gourmet coffees are ground just before brewing. Gourmet single-cup coffee comes with a “best used by” date so that you get the best flavor from your coffee. Specialty coffee does not have to be expensive. According to the Specialty Coffee Association, most estate grown coffee sells for \$12 per pound, which gives you about 50 cups for 50 pound, or a cup for 24 cents per cup.

Tip: What Makes A Coffee Gourmet

Gourmet, or specialty coffee, is made from beans grown in ideal coffee-producing climates. Start with checking to see if your coffee is made from Arabica beans. Gourmet coffees tend to feature distinctive flavors, which come from the soil of the coffee growing region that produces them. Beans become gourmet during the “green bean” phase and those beans must have no defects. Next, comes the roaster's talent. He or she must bring out the coffee's distinctive quality and it the roasted bean must be aromatic. Master roasting involves matching roast temperature and time with a given bean to maximize its potential, so that it does not obscure the coffee's origin flavors and aromas. There are several things to look for in a gourmet coffee: fragrance, aroma, acidity or brightness that leaves a pleasant taste on the tongue, flavor, body, finish and balance. Truly great specialty coffees have distinct flavor profiles without flavor additives. In 2005, approximately 15 percent of the adult population in America said they enjoyed a cup of specialty coffee. Gourmet coffee comes from many places. You can get it from a coffee shop, a specialty coffee company or, in come cases, the supermarket.

Tip: You Are Not Alone In Your Love Of Gourmet Coffee

If there is any question whether gourmet coffee is growing in popularity, check to see how many coffee houses are in your town. Seattle, Wash. gave birth to the café or latte culture in the 1970s to a café or 'latte' culture. This has improved the general quality of the coffee Americans drink, according to the National Coffee Association. Coffee franchises no longer focus on major metropolitan areas. Today, most public place have at least one coffee cart. Suburbs outside cities, as well as those in more rural areas have some major chains serving coffee. It just took a little longer to get to t hem. The specialty coffee sector has improved the image of coffee in the eyes of American consumers. In 1991 it was estimated that there were just 500 gourmet or specialty coffeehouses. By 2005 there were an estimated 10,000 or more. This number excludes coffee carts, kiosks, vending machines and cafes in bookstores, sporting arenas and transportation facilities, which have also grown. The National Coffee Association predicts that gourmet coffee consumption grew from 12 percent in 2003 to 14 percent in 2004, according to 2004 National Coffee Drinking Trends . Consumer awareness of the origins they drink does lead to product loyalty and the development of a brand image, which only leads to the belief that the gourmet coffee drinking public may continue to grow.

Category: Home Coffee Makers

Subcategory: Home Coffee Makers

Tip: New Initiatives In Coffee Makers And Equipment

So, how many times have you left the house and wondered if you left on the iron or the coffee maker? Several popular producers of coffee makers have added an automatic off feature to their machines, giving their customers one less thing to about which to worry. Whether you turned the machine off before leaving the house may concern you no more. Some Black & Decker coffee makers have an automatic shutoff that activates after two hours. Braun coffee maker, at least some models, also come with auto shutoff. Cuisinart coffee makers come with adjustable auto shutoff, which allows you to program the machine to shutoff in minutes up to four hours. KitchenAid coffee makers automatically shut off two hours after brewing your coffee. Krups coffee makers have a programmable off feature that allow you to choose the amount of time you want the burner to remain in heating mode. If you have a machine that uses a glass carafe, you can set the machine to turn off in one hour or four hours. For thermal machines, it can turn off in 20 minutes, because the thermal pot will keep your coffee warm. This feature, regardless of what it is called, should give you some piece of mind as you start your day and give you one less thing about which to worry. However, if you are a Keurig brewing system owner, you don't have to look for this feature. The one-cup machine by a Keurig automatically shuts off because there is no burner.

Tip: Pause Feature Means You Can Have A Cup When You Are Ready

New home coffee makers cannot actually wake you up, but they can do just about everything else to get you ready. They can grind your coffee beans and have your coffee ready on demand. One of the best features in newer home coffee makers is the function that allows you to interrupt the brewing to grab a cup of coffee and then let it resume once you have a cup filled with your morning coffee. Before this feature, many of us have had the messy experience of grabbing a cup while the pot was brewing, either because we couldn't wait for cup and thought a paper towel could soak up what came out while we were grabbing the cup, or because we misjudged when brewing was complete. Now, we don't have to do either. Many of the major brands have their own take on the feature. Black and Decker coffee makers have a Sneak-A-Cup® interrupt feature, Braun coffee makers have the drip-stop/pause and serve feature, Cuisinart coffee makers have coffee-on-demand-one-cup, KitchenAid coffee makers have pause and pour and Krups coffee makers have a pause and brew feature.

Tip: Tips For Choosing Your Home Coffee Maker

Green Mountain Coffee Roasters Tip: Do you want a function to interrupt the brewing to grab a cup and them resume brewing? This feature is becoming more common, but it is

not available on all machines. Do you want to program your machine so coffee is ready when you wake up? How about automatic or programmable shut off? How about a coffee maker that tells you when it needs to be cleaned? You can order several coffee makers through Green Mountain Coffee Roasters, including the Keurig brewers, which gives you the convenience of single-cup brewing, and CoffeeTEAM by Capresso, which grinds your whole beans and allows you to choose how fine or course you want the grounds, as well as the strength of the brew.

Category: Office Coffee Makers

Subcategory: Office Coffee Makers

Tip: Corporate Social Responsibility Includes the Office Coffee System

Has your office been working toward being more socially responsible and environmentally friendly through business practices and choice of office supplies? The sense of social responsibility can easily extend into your coffee order and choice of office coffee maker. With a single-serving coffee maker, you no longer use paper filters so you can reduce your paper waste a little more. There is no pot of coffee, so you will not be throwing away water used to brew coffee no one drank. And the single-cup brewing containers come in many roasts and flavors, including a couple of lines of Fair Trade and organic coffees. Fair Trade coffees help foster sustainable development in coffee growing communities, while organic coffees are made in tune with the environment. Those lines include many of the flavors popular in an office setting, so your employees with only notice a difference when they read the package. By moving to a one-cup coffee maker, your socially responsible business can become even more socially responsible, one cup at a time.

Tip: Spend Less On Office Coffee Supplies With Single Cup Brewing

Does your company waste precious space by storing bulky boxes of coffee bags, boxes of coffee filters and several coffee pots? Companies can cut back on the number of office coffee supplies and gain back some space by replacing the existing coffee maker with a single-cup coffee maker. They can also cut back on coffee supply costs by cutting out some of the coffee-related products they now buy. With a one-cup machine there is no longer a need to for filters, bags of coffee or coffee pots.

Category: Organic Coffee

Subcategory: General

Tip: Basic Iced Coffee & The Organic Way

Enjoy a nice cup of iced coffee this summer with your favorite organic coffee. Brew a pot of your choice of organic coffee. Be sure to brew it a little stronger than normal, but do not make it double strength. When the coffee is fully brewed, take the carafe from the warming plate and let it cool until it reaches room temperature. Place the coffee in a covered pitcher and store in the refrigerator for at least 30 minutes. To make the most of your iced coffee, make coffee iced cubes earlier that day to fully enjoy the full flavor. Brew your organic coffee like normal. Let it cool before pouring it into ice cube trays. Once they are frozen and your iced coffee had cooled in the refrigerator, enjoy your cup while the ice cubes keep your iced coffee rich and strong even as the ice melts.

Tip: Protect Your Coffee-Drinking Children

For parents whose children just have to drink coffee to feel grown-up or more sophisticated, give them organic coffee. By giving them organic coffee & preferably decaf organic coffee & they will receive less damaging chemicals and minerals into their growing bodies. Many children receive a certain amount of foreign chemicals and pesticides in their bodies at birth, which are passed down from their mothers through the foods they intake during pregnancy. Keep your children from receiving more harmful foreign chemicals by feeding them organic foods and coffee.

Tip: Slim Down The Organic Way

A study conducted by scientists from the Danish Institute of Agricultural Sciences and Newcastle University concluded that rats who were fed organic foods were slimmer, slept better, and had stronger immune systems than those fed conventionally grown produce. This may be due to the higher amounts of vitamin C, minerals and nutrients that are found in organic crops. Switch to organic and live a healthier life.

Tip: The Organic Coffee Process

Green Mountain Coffee Roasters Tip: Organic coffee has become popular in the United States over the last few years. In the U.S., \$80 million in organic coffee was sold in 2005, up 40.4% from 2004. In the month of November, U.S. organic coffee drinkers bought 54% more coffee in 2005 than in the same month in 2004, while non-organic only increased by 8.5%. You can now get organic coffee products other than the normal decaffeinated, caffeinated, flavored and instant coffee. The organic market has expanded to coffee ice cream, coffee soda, coffee-flavored candy, and chocolate covered coffee beans. You may have your own specific reason for choosing organic coffee. It might be that it is grown without damaging chemicals and pesticides. It could be because organic coffee is grown on small, family-owned farms that are shaded and inhabited by song birds to ward off bugs and pests. Coffee-drinkers should also consider the Fair Trade certification of the company they purchase from. Many organic coffee manufacturers guarantee their participation in the Fair Trade Act on behalf of

farmers. This act guarantees farmers a fair price for each bag of coffee beans sold, which allows them to continue growing better quality organic coffee for the consumer.

Category: Roasting Coffee

Subcategory: Roasting Coffee

Tip: DIY Coffee Roasting Methods

You don't need a fancy, dedicated machine to roast your own coffee at home. All you really need is a heat source that will reach at least 370 F. Many DIY coffee roasters take pride in the Frankenstein coffee roasting contraptions they build or modify, but you don't need to solder or modify anything to do a creditable job of roasting your own java. These basic household gadgets will produce excellent roast coffee with no modification at all. **Electric Air Poppers** Choose an air popcorn popper with air vents in the side of the popping chamber rather than the kind with a mesh grille in the base. Place green coffee beans in the popping chamber and run the popper until coffee reaches the desired roast level. **Stove Top Popcorn Poppers** Follow the directions used to make popcorn in a stove top paddle popcorn popper. **Oven Roasting** Spread the beans in a single layer in the bottom of a flat roasting pan or cookie sheet and heat them in a 500 F oven until they reach the desired color. **Stove Top Roasting** Roast coffee in a heavy frying pan or Dutch oven that heats evenly. Stir constantly over a medium flame until the coffee beans reach the desired roast level. **Heat Gun and Metal Bowl** Put coffee beans in a heavy metal dog bowl and direct the hot air from a heat gun at them until they're done. For all methods: Remove the beans from the heat source when they reach the desired roast level and dump them into a metal colander or strainer. Pour the hot coffee beans back and forth between two colanders, strainers or bowls to hasten cooling.

Category: Single Cup Coffee

Subcategory: Single Cup Coffee

Tip: Give Up The Coffee Compromise: Keep it Clean

Green Mountain Coffee Roasters Tip: Do you ever forget to remove the filter of wet coffee grinds from your coffee pot? You are probably familiar with the moldy results that are neither pretty nor hygienic. In fact, they are down right nasty. Good news: the growing trend of one-cup coffee makers means that many people no longer have to think about the filter and the grounds because there are none. Instead of filters, the single-cup coffee makers take individual packets of coffee. Operating a single-serve coffee maker is easy and the daily cleanup is minimal. There is also a reduced risk of

spills because the machines have a setting for the size of the cup of coffee. Green Mountain Coffee Roasters sells Keurig coffee makers along with k cup coffee in various different roasts, blends and flavors. Choose from Green Mountain coffees, Newman's Own varieties and more at the company's website. To make things even more user-friendly, some systems can be attached to the plumbing so you won't even need to fill the reservoir.

Category: Storing Coffee

Subcategory: General

Tip: Check for quality bags

Remember oxygen and dampness are the enemies of flavor. That's why quality bags have a one-way valve. This means the beans can 'gas off', but oxygen cannot get back into the bag. Look for these small valves. It's a sign of freshness and quality.

Category: World Coffee Growers

Subcategory: General

Tip: Is coffee a Christian drink?

In 1615 Pope Clement VIII was warned that coffee was a tool of the Devil and threatened the 'sobriety' of his priests and the aims of the church. But before going so far as to ban this new beverage, he first decided to taste it for himself. He was so enamored with the taste and aroma, he changed his mind and 'baptized' it.