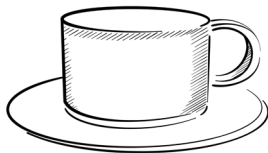




Drinking In?

*From coffee lovers
to a future coffee lover.*



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by Finlay Naylor, Alessio Pacioni, Richard Skerratt

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First paperback edition May 2021

Drinking In?



Americano 2.5 | Aeropress 3
Flat White 2.8 | V60 3
Milks: Oat, Almond, Soya, Coconut
Today's coffee is: BUF Remera-Rovau

HIRING!

OPEN!



Espresso	2.4	Cappuccino	3
Machiato	2.5	Latte	3
Cortado	2.6	Mocha	3.2
Americano	2.5	Aeropress	3
Flat White	2.8	V60	3

Milks : Oat, Almond, Soya, Coconut

Today's coffee is : BUF Remera - Rwanda!





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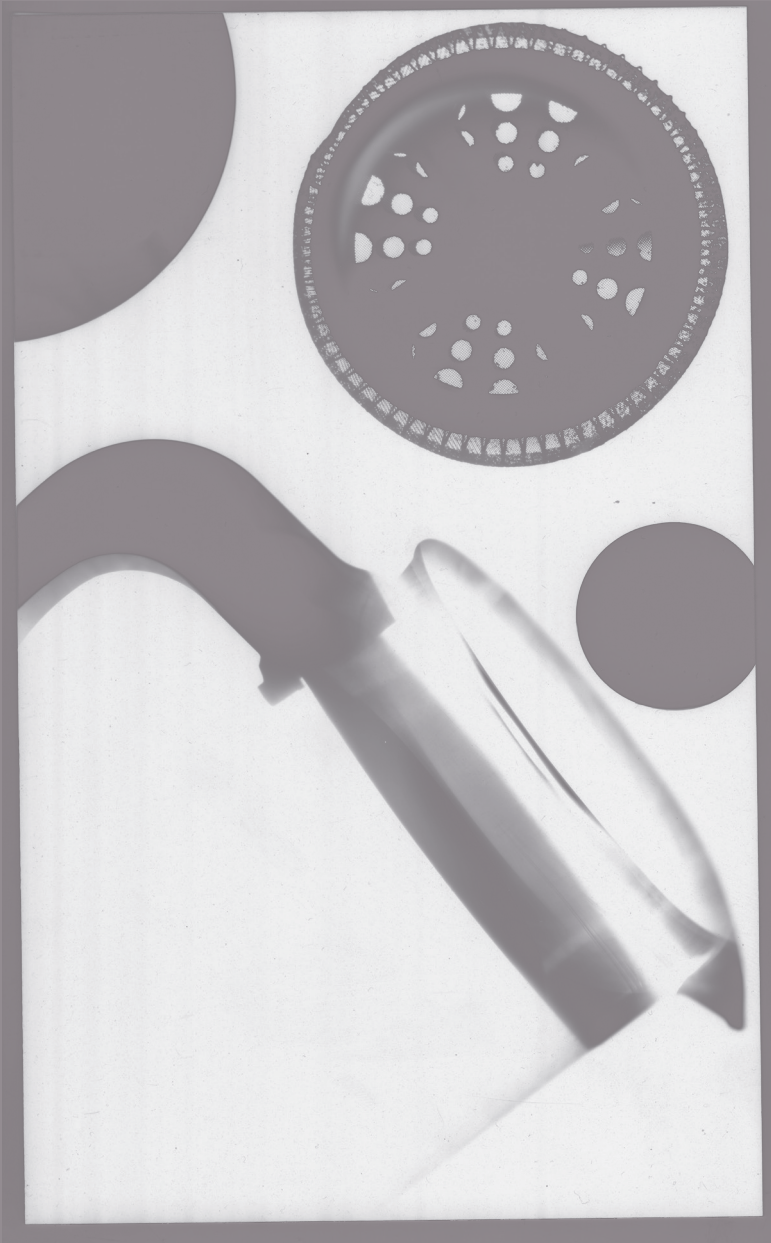
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INTRODUCTION

An Italian, a barista, and a home brewer walk into a coffee shop and order... originally they didn't know, and it's a threatening place to be if you aren't an expert (which we certainly are not!).

Drinking In? is a book on our love of coffee, the community that goes with it, and the coffee shops we go to everyday.

This book will decode the intimidating world of Filter vs Espresso drinks, Grind Sizes, Long Blacks vs Americanos, and many more of the confusing elements of coffee. It is designed to help you understand the world of speciality brewing from a group of consumers to another.





THE CHOICE

FILTER VS. ESPRESSO

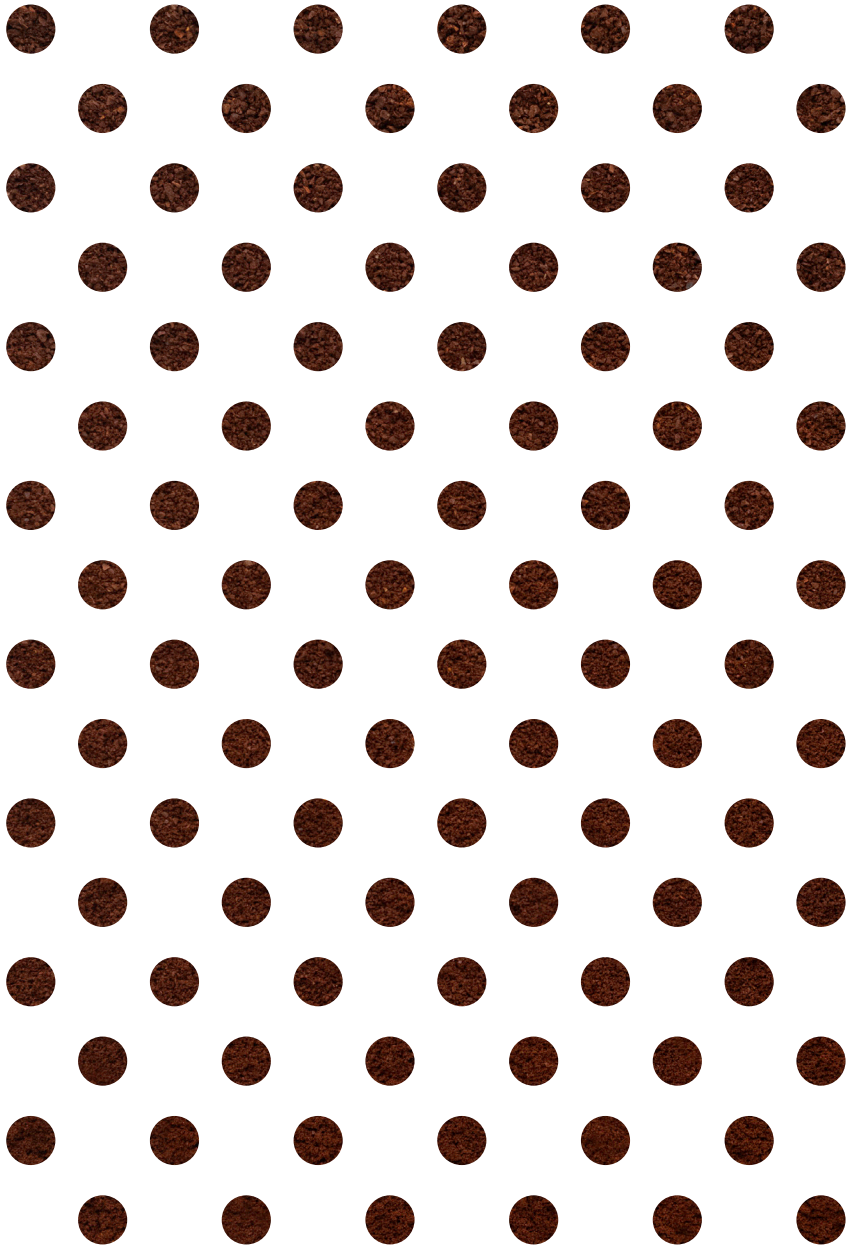
The ultimate question.

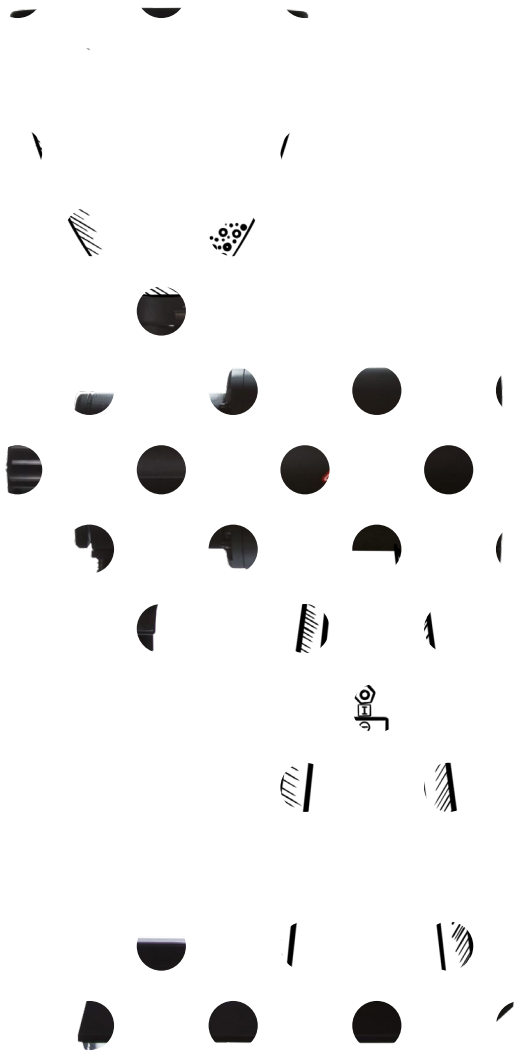
The coffee shop menu is a crowded and complicated place. There are usually lots of other customers rushing to get their favourite drink and it's very easy to just go with the first thing you see.

We have broken down the most popular coffees into three sections, Espresso based - the Italian/High Street model that you'll be familiar with, Filter Methods - possibly the best way to taste the flavour of the coffee from the comfort of your own home, and some more obscure coffees in the Other section.

But first, the initial process in the brewing of a cup of coffee, the grind size.









GRIND SIZE

Every brewing method requires a different coarseness in order to optimise the taste of the end product. Mastering the art of grind sizes will help ensure great tasting coffee every time.



SUPERFINE

At about 0.1 mm in size, superfine ground coffee has the consistency of flour. This type of grind isn't commonly used, unless you are looking for an authentic Turkish coffee.



FINE

Espresso is usually brewed using finely ground coffee. Size might slightly change but generally fine grounds will look like powdered sugar, with an average size of around 0.3 mm.



MEDIUM FINE

With a size of just half a millimetre, medium fine ground coffee is mainly used for Moka Pots and Syphon brewing methods and will feel like table salt to the touch.



MEDIUM

Medium ground coffee is approximately the same size as beach sand at 0.75 mm, and is perfect for V60 and Chemex filtered coffees.



COARSE

Moving up to a more substantial grind size of just around 1 mm – roughly the size of sea salt – we have coarse coffee grounds, mainly used for French press filter coffees.



EXTRA COARSE

At the largest end of the ground sizes we have extra coarse ground coffee. Similar in dimensions to rock salt, around 1.5 mm, this particular grind size is reserved for Cold Brews.

The wrong grind size can ultimately affect the taste of the coffee you drink, making it either too sour or too bitter. This is one of the reasons you should always be mindful of the brewing method you want to use and buy coffee grounds specifically for it – or better yet, grind your own coffee beans fresh!

ESPRESSO BASED



ESPRESSO

The base for all of these drinks, served as a single (approx. 30ml) or a double (approx. 60ml). An intense flavour and high caffeine content. Loved throughout the world but especially in mainland Europe.



RISTRETTO

A short Espresso, same amount of coffee grinds but a smaller volume of water passed through them resulting in a more concentrated but richer and less bitter cup (approx. 15ml).



MACCHIATO

Meaning 'stained' or 'spotted' in Italian. A single espresso with a small amount of foamed milk on top, hence the coffee being 'stained'. The milk complements the coffee resulting in a drink slightly sweeter than espresso.



CORTADO

Popular in Spain and Portugal but has spread to other parts of the world. It is similar to a Macchiato but slightly taller and less acidic. It consists of equal parts of steamed milk to espresso.



FLAT WHITE

Originated in Australia and New Zealand but now a staple in coffee shops around the world. A double Espresso with velvety micro foam poured on top. The perfect blend of hot milk and coffee.



CAPPUCCINO

An Italian classic taking over the world (although it can be tracked back to 19th Century Vienna). In the modern world, it consists of equal parts Espresso, steamed milk, and milk foam, sometimes topped with a dusting of chocolate powder.



LATTE

Shortened from Caffè Latte, meaning 'coffee milk' in Italian. More steamed milk and less foam compared to a Cappuccino, resulting in a larger drink. For those who do not want too much coffee flavour in their drink.



AMERICANO

Add hot water onto an Espresso and you get an Americano. Pour an Espresso onto water and you get a Long Black. The difference is that on a Long Black, the crema from the Espresso will be more pronounced.



MOCHA

Named after a the Yemeni city of Mocha, one of the centres of the early coffee trade. A mixture between a Hot Chocolate and a Latte. Coffee and chocolate are a perfect combination and it is a great drink for a cold day.

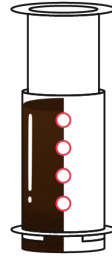


FILTER METHODS



AEROPRESS

The ultimate travel brewer. Constructed from robust plastic, it will survive any trip. It is so loved within the coffee community, there is now the World Aeropress Championship that has been held yearly since 2008.



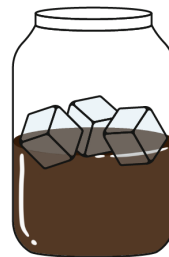
CHEMEX

Described as 'Pure Design, Pure Flavour'. The art form that is the Chemex will make an elegant cup of coffee with no sediment. Easy to use, lovely to look at, and all in one piece, the Chemex will become your daily coffee maker.



COLD BREW

Perfect for a hot summer day. You'll need to be patient for at least 12 hours before you can take a sip of this refreshing drink. Make it the night before and leave it in the fridge so it is ready for your day in the sun.



FRENCH PRESS

A must have in any home, and a perfect brewer for a group of people. It is very easy to find a French Press that will make up to eight cups. Enjoy a chat and tasty cup with your loved ones with this technique.



MOKA POT

The traditional stovetop method for producing a strong cup of Italian coffee. The moka pot is a timeless design that will look beautiful in your kitchen. It is difficult to master but once you do it is well worth it.



SYPHON

A device that looks more like it belongs in a science lab rather than your kitchen. Using a vacuum and changing vapour pressures to bring out the more delicate flavours from the bean. Jump into the deep end with this gorgeous looking apparatus.



V60

The V60 is one of the simplest filter coffee makers out there, only using coffee, water and gravity. Available in numerous colours, sizes and materials. Sturdy and stylish, The V60 will make a delicious cup of coffee straight out of the box.

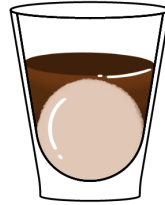


OTHER COFFEES



AFFOGATO

Meaning 'drowned' in Italian. A perfect treat on a warm day. A shot of hot espresso is poured on top of a scoop of vanilla ice cream. A lovely marriage between hot and cold, and yin and yang.



IRISH

An ideal way to finish a meal out or at the end of a dinner party. Coffee, Whiskey, Sugar, and Cream. Boozy, sweet and creamy with the kick of coffee. A real combination of flavours.



NITRO BREW

Becoming increasingly more popular over the last few years, Nitro Brew is a Cold Brew coffee that is infused with Nitrogen. This coffee is served cold and has a creamy texture and head, similar to draft beer.



TURKISH

Originating in the Ottoman Empire, a Turkish coffee is the simplest to make. Extra fine coffee grounds, water and sometimes sugar, are heated together. The grounds settle to the bottom of the cup and therefore no filter is needed. A thick, sweet and strong drink.



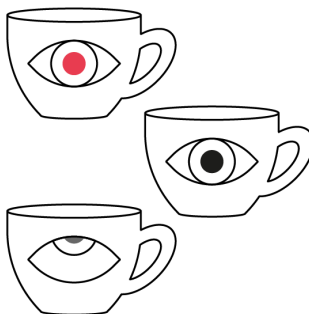
VIETNAMESE

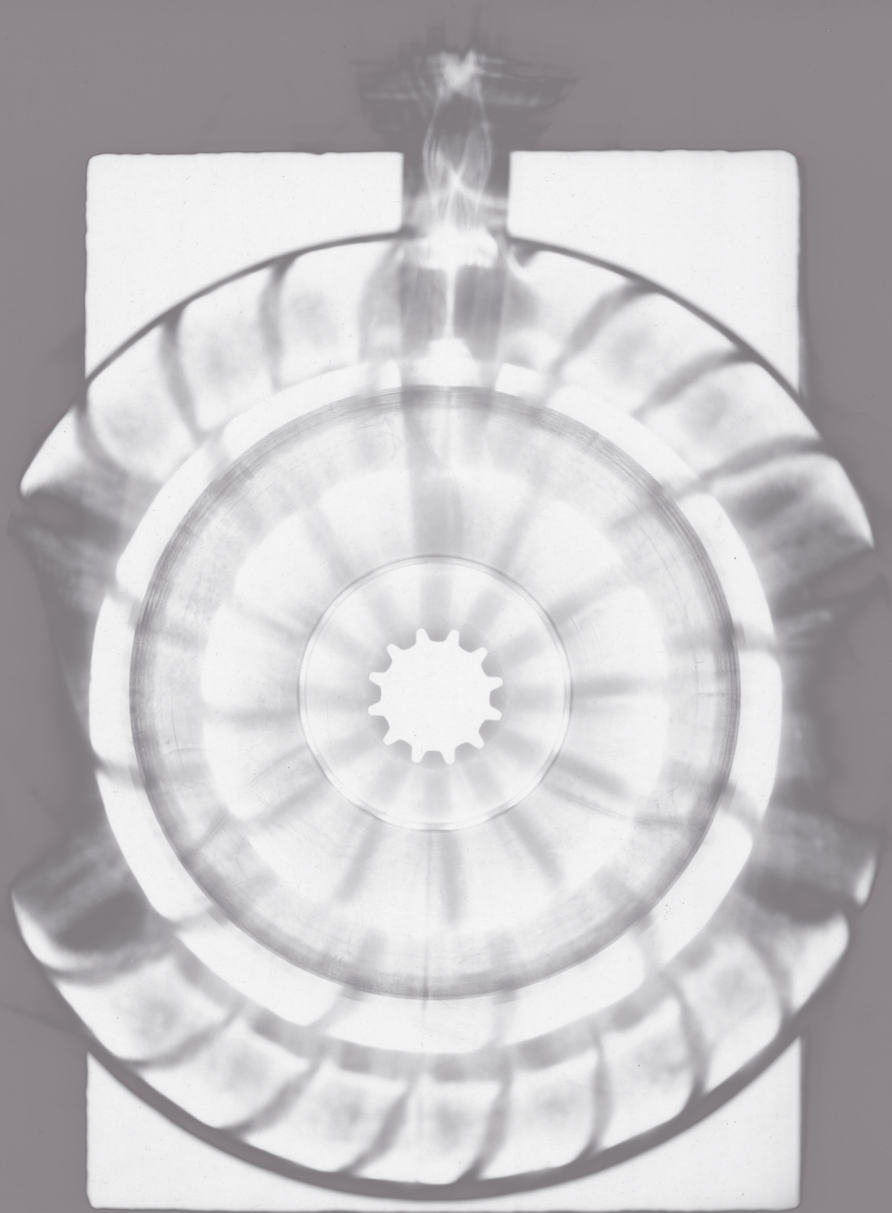
Traditionally made with a Phin filter and Vietnamese coffee beans. Coffee and creamy condensed milk build this delicious sweet drink. Enjoyed hot or over ice, which is a superb alternative to a normal iced coffee.



RED/ BLACK/ DEAD EYE

These 'eye' drinks are filter brewed coffee mixed with Espresso. Red Eye = Filter Coffee + one shot of Espresso. Black Eye = Filter Coffee + two shots of Espresso. Dead Eye = Filter Coffee + three shots of Espresso. Pure caffeine.







THE CHAT

COFFEE CULTURE

So we've covered the drinks, now let's talk. Visiting a coffee shop is about so much more than just the coffee – it's about the experience, the environment, the conversation. Think of your barista as your tour guide – they know the landscape, they know the hotspots.

Much of the experience of going into a speciality coffee shop for the first time is putting your trust in the barista, who plays both the host and the sommelier, to give you the best possible coffee experience.

It's also a compromise – often between what the customer wants from a drink and what the company wants to represent, whether it's a very method heavy shop, very on trend or more emphatic with the origins of its beans. This compromise also relies both on your personal flavour interests and the experience of the barista, and the combination of the two is the best way to get exactly what you want from a cup.

COFFEE LINGO

CREMA

A rich froth that forms on top of espresso shots, caused by the presence of oils in the coffee beans. The presence of crema is a key part of any good espresso.

CUPPING

The first order of business for testing new coffees in a shop. This process helps to determine flavours and aromas in the coffee.

DRY

When someone asks for a dry coffee, it means that they want more air steamed into the milk.

EXTRACTION

Extraction is the process of distributing the soluble compounds of coffee into the water. This term is used in both filter and espresso, and an extraction yield of 18-22% is ideal for most coffee drinks.

WET

The opposite of a dry (of course!), a wet coffee has less foam than normal. A wet latte may have no air steamed in at all.





A chat with

MAXWELL COLONNA- DASHWOOD

Photography courtesy of Ash James for Sprudge.com

We sat down with Somerset based barista turned entrepreneur Maxwell Colonna-Dashwood, owner of Colonna and Small's in Bath, to discuss what the world of coffee means to him. Maxwell is a UK barista champion and coffee all-rounder - manufacturing his own brand of water filter, running a roastery and even releasing his own coffee capsules. Maxwell has a holistic view that speaks as much to the psychology of service as it does to the chemistry of the coffee beans - having worked in all aspects of the industry from barista work to writing a book about the science of water for coffee. He knows the rules and he's not afraid to break them. We spoke about flavour notes, (and how they are often completely made up!), brewing methods (and how they're not as important as the beans themselves), and the coffee shop experience.

We also discussed how not all coffee shops are for everyone, and the experience you may have at one shop is not the same as another. The distinction between somewhere like Colonna and Small's - which brands itself as a concept store - and a high street café, is that it 'places a spotlight on interesting coffee'.

When the shop opened in 2009, he wanted to 'build something interesting', and so the focus was on 'taking everything that coffee shops do, asking why they do it and if [we] want to do it'. Colonna and Small's breaks expectations. The American model for coffee shops, which is almost always based on Starbucks, is not something that compels Maxwell. His primary interest was in learning about why certain coffee tastes the way it does and how [he] could change the flavour of coffee in different ways - experimenting with the beans, water and brewing.

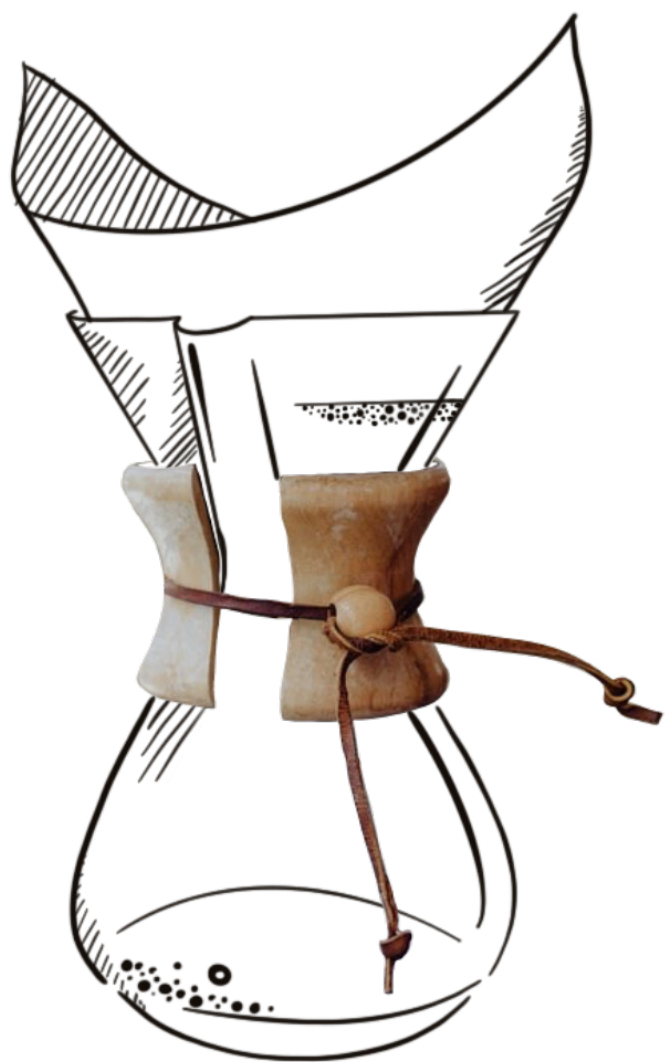
**'IF YOU BUILD SOMETHING INTERESTING,
INTERESTING PEOPLE WILL COME TO YOU.'**



In regards to the world of speciality coffee being inaccessible, Maxwell had refreshing views on many aspects of the community. He discussed how there is no need to simplify the art of speciality coffee because people take interest in things for their complexities. He instead spoke about leaning into the niche nature of it, 'doubling down on being specialist but being clear in what [we] were doing'. He was intent on creating an environment where the customer got the best experience possible – provided by the best and most passionate people. It's important to Maxwell that every part of coffee is a learning experience, and says that 'a lifelong hobby has to keep giving back.' Because of this, he keeps the menu constantly changing with new coffee every week, from different provenances and roasters in order to keep it fresh. He places a heavy emphasis on the origins of the bean, stating that he is 'nonplussed' about brewing methods and believes that flavour notes are 'rubbish' because what you're really tasting is the provenance of the coffee.

'A LIFELONG HOBBY HAS TO KEEP GIVING BACK.'

Max believes that the future of speciality coffee will become more like wine, more prominent and specialist, with a higher amount of people seeking out a unique experience. He predicts that there will be an increase in coffee sommeliers, and that 'we've broken through the first wall of people just seeing coffee as a caffeine stimulant.'



OUR FAVOURITES

We are definitely not coffee experts but we absolutely *love* coffee and sharing time together with a freshly brewed cup. We're not picky and drink all sorts of coffees but, over the years, we have always been partial to one in particular...



FIN NAYLOR

I really love a cortado with a little bit of white chocolate in the bottom! I love the sweetness with the short sharp espresso taste, and as a barista its quick and easy to drink behind the bar.



ALESSIO PACIONI

Espresso has to be my favourite! Simple and full of taste. You can have an espresso quickly if you're in a rush, or savour one relaxing after lunch. The ultimate boost of energy for every occasion.



RICHARD SKERRATT

I will always make time to make a V6o in the morning. Every few weeks I will go out and find some new beans. The ritual of precisely making a filter coffee will always be the beginning of my day.





THE COFFEE

A JOURNEY

Here you are, after walking into your favourite coffee shop and checking what coffees are available, you've made your choice. You had a little chat with your barista and your coffee is finally ready. Now, as you sit at the table, you take the first sip..

...the bittersweet taste of coffee hits your mouth, its smell fills your lungs, the caffeine tells your body to release adrenaline. As you bring your cup down, you can hear the sound of cups clinking and the barista's voice chatting away with the next customer whilst you look outside the window at people walking by.

Coffee, whether a quick Espresso or a slowly sipped Latte, is a multisensory experience, and this experience starts with a bean.

LEGENDS & FACTS

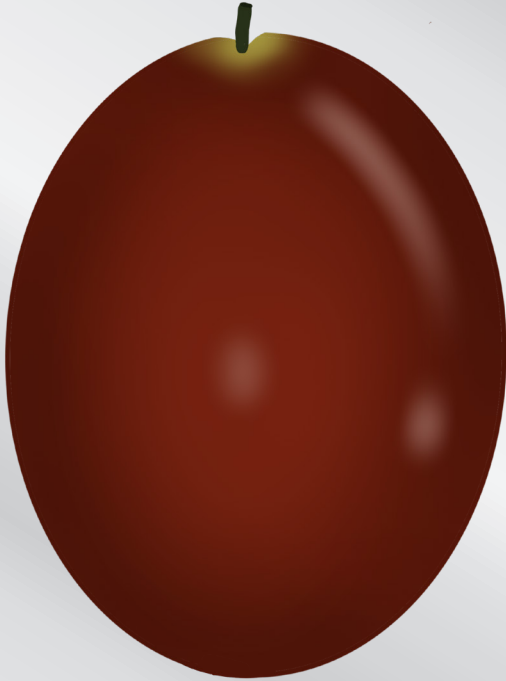
You might already know what a coffee bean looks like, but how did we get to using those beans to actually make coffee?

Legend goes that, many centuries ago, a goat herder in Ethiopia noticed that his goats became very energetic after eating the berries of a certain tree. He reported his findings to a nearby monastery that started making a drink with these berries. He found that it helped people stay awake and alert during the long hours of prayer. Coffee beans start being extracted from the berry and roasted in the 15th century and quickly took over the world from the 16th century onward.

Today, coffee is one of the most popular drinks consumed worldwide, with about two billion coffee cups consumed every day! The biggest producer of coffee is Brazil, covering a third of the entire world beans supply and Finland consumes most of that with 27.5 pounds (almost 12.5kg) per person every year.

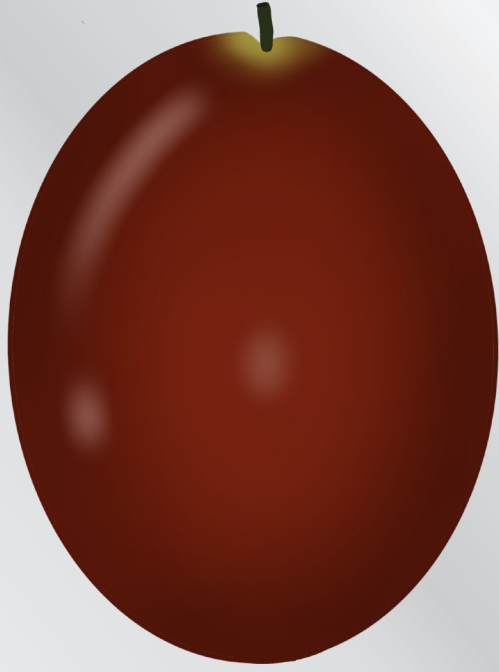
In 2020 production reached 165 million coffee bags, each weighting 60kg (132 pounds) a standard in this industry. There are around 8000 beans in a 1kg bag...that's 79,200,000,000 beans! Each bean is around 8mm, this means that if we put every bean produced in 2020 we can reach Mars and come back to Earth!

THE LAYERS



SKIN

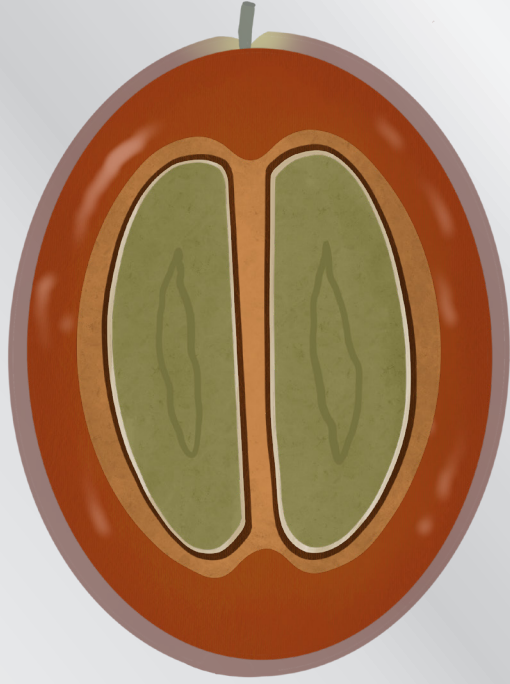
SKIN





PULP

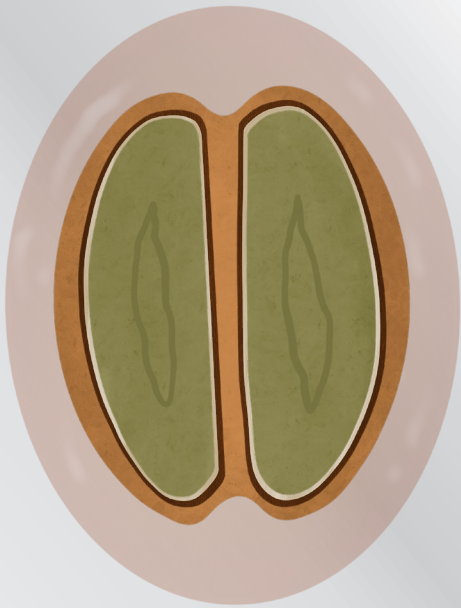
ЬУГЬ





PARCHMENT

БАҲСНМЕНИ





MUCILAGE

MUSCIGACE





SILVERSKIN

СИГЛЕВЪСКИИ





BEAN

И Д Е В



PLANT, CHERRY, BEAN

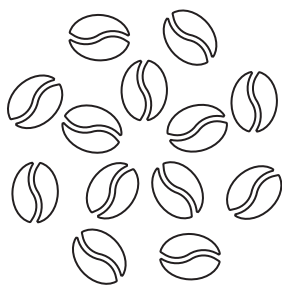
Coffee plants are mostly grown in what is referred to as the coffee belt, ranging from 30° North to 30° South of the equator. They can grow up to nine metres but are regularly pruned to help harvesting and conserve the plants' energy. Depending on the variety, it can take up to five years for a plant to produce cherries and they will need slightly different elevations and humidity levels to flourish.

Coffee cherries are about the size of a grape and have six different layers, starting with the outer skin and the pulp. Next, the mucilage consists of a sweet sticky layer, common in most fruits. Following this we have the parchment and the silverskin, a layer that has a silver sheen to it but that will be removed by the roasting process. Finally we have the bean, mostly divided in two 'half seeds'. Sometimes there will only be one seed, the 'Peaberry' although this only happens in a very small percentage of cherries.

Coffee Beans go through long drying, selecting and milling processes to finally reach the last layer, the heart of the cherry. The green coffee beans are now ready to be roasted into different levels, from light to dark. Roasting degrees vary from an internal temperature of 180° C (356° F) up to 250° C (464° F) – this process reduces moisture in the bean, releases oils essential in giving coffee its flavour and aroma and increases porosity, making the beans less dense and much more soluble.

THE 4 M_s OF COFFEE

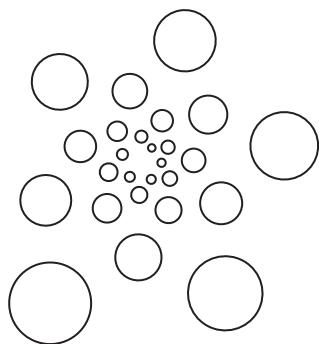
There are four very important factors that can influence the preparation of your daily cup of Joe. These are commonly referred to as the 4 Ms of coffee, and come from the Italian language where they are mainly used for Espresso, although they are applicable to all sorts of coffee making techniques.



MISCELA

This translates to blend, meaning the type of beans that are used, their origin and the different roasting degrees.

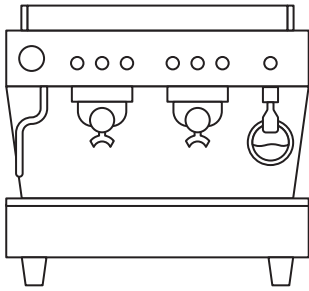
All of these factors can make a huge difference in the final taste.



MACINAZIONE

Meaning how the coffee beans are ground.

This includes both the grinding method and the grind size as every coffee needs its own specific grind to capture all the flavours and the aromas it has to offer.



MACCHINA

Possibly the easiest of the four to guess, translating to machine, this concerns the method used to brew the coffee. Mainly referring to Espresso coffee machines, it more generally covers the coffee making process.



MANO

This is the skill of the barista, translating literally to 'hand'. Knowing the best way to make each coffee in order to capture their essence is extremely important and it comes with experience and training.

Some include a 5th M, Manutenzione (maintenance). The barista will use lots of different tools to make a coffee and most of these need to be well maintained in order to keep the consistency. All of these factors can affect the end result and make a difference between a great tasting cup of coffee or a bitter disappointment.

DOSE, YIELD & TIME

Dose, yield and time are the three key elements of brewing a great espresso. They sound complicated, but getting the balance between them right is essential to the perfect shot, and once you've got the hang of it you'll be able to pull barista level shots from the comfort of your own home. Every type of bean is unique and requires its own treatment to optimise flavour - here, we'll give you the scoop on how to create the perfect espresso recipe.

Dose - This is the amount of ground coffee that you put into the basket of your machine. You'll normally want to start a recipe with a 1:2:2 ratio - so the yield and time will be approximately double the dose. This ratio will then be adjusted as you find what tastes best. A good starting point is 18g for a single espresso - however this will be dependent on the size of the basket in your portafilter. You will know if you need to increase your dose if, after you pour your espresso, the grounds are sticky and difficult to clean out of the basket. When altering the dose, use increments of 0.2 and remember that when you change the dose you also have to change change the yield and time!

Yield - The yield is the weight in grams of the poured espresso. This is important because it determines the extraction of your shot, a higher yield will have a lower TDS* and vice versa.

The key here is to find a yield that balances extraction and strength. Over-extracted espresso (a high yield) will be weaker and more bitter, whereas under-extracted will be sour and stronger. Setting the yield on your coffee machine will mean that your shots come out the same weight every time, so once you've found the ideal yield, you only need to adjust the time it takes to get there.

Time - Also known as brew time, this is the time that you allow water to be run through the ground coffee and into the cup. You will be adjusting the time to help balance the extraction of your ground coffee. But how do you change the time? The answer is grind size. Once you've set your yield to - say - 32g, you want to get your time to around the same (you can adjust this to taste). This is where it gets a little tricky, so I like to use an analogy. Coarse coffee is like a cup of rocks - if you pour water through them, it's going to flow very quickly and therefore you will end up with a very short shot time. Fine coffee is like sand, water will take a long time to push through it, leading to a very long shot time. Coarser grinds means shorter shot times, so if your time is too long (e.g. 50 seconds) then you need to make your coffee more coarse!

TDS - Total dissolved solids. This is the amount of coffee infused into the water. Imagine it like squash, too little squash or too much water will make it weak, whereas too much squash or too little water will make it very strong.





ACKNOWLEDGEMENTS

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