

COFFEE

AROMA AND TASTE

ORIGIN

The origin of coffee, as that of many other foods, is lost in history.

We have not been able to pinpoint the geographic region from which this wild plant comes, although it is supposed to be indigenous to some point in current Ethiopia, since Coptic documents from the 9th century describe the plant in detail and locate it on the Abyssinian plains.

We do not have information about its exact origin, nor do we know at what point in time it began to be used as a beverage.

The only thing on which the knowledgeable agree is in recognizing that the coffee plant was known and used in some regions of East Africa well before it became a beverage.



NUTRITIONAL PROPERTIES

2 Kcal/100 g

Coffee is one of the most popular beverages in the world because of its stimulating effect on the central nervous system, and its tantalizing aroma and taste. The two main coffee seeds are arabica and robusta. Coffee is a complex combination of over 800 volatile components with anti-inflammatory, anti-fibrotic, and antioxidant properties. Caffeine and chlorogenic acids are the best-known components. Coffee is also rich in vitamin B3, magnesium, and potassium.

On average, one cup of coffee contains between 85 and 120 mg of caffeine which has a half-life of around 3 to 4 hours. The regular consumption of this beverage helps prevent certain chronic diseases, such as type II diabetes mellitus, and liver disease.

Consumption Recommendations in case of:

Overweight and
Obesity



Cardiovascular
Disease



Diabetes



Hypertension



Celiac
Disease



COFFEE

MORE INFORMATION

The first coffee shops appeared at the end of the 14th century at Mecca. Coffee shops introduced a new social gathering concept, since they combine the satisfaction of drinking a stimulating beverage with the pleasure of a good chat, exchange of news, and meeting place for strangers.

Voltaire is credited with saying: "Maybe coffee is a poison, but it is a slow-acting one, since I have been drinking it for 85 years and I feel fine".

Turkish coffee is an heirloom and as such, it was recognized by the United Nations Educational, Scientific and Cultural Organization (UNESCO) as an intangible cultural heritage of humankind.

Generally, the arabica bean is finely grounded until it resembles flour. However, other types of beans may be used, provided they are finely grounded. This powder is mixed with cold water and brewed in a traditional coffeemaker called Cezve.

One of the elements that impacts coffee quality the most is the time elapsed between toasting and grinding the bean.

The longer the time, the poorer the quality.

As a general recommendation, drinking up to 4 cups of coffee (400 mg of caffeine) everyday could be part of a healthy, balanced diet, and an active lifestyle.

RECIPES WITH COFFEE

ARUGULA SALAD WITH COFFEE DRESSING

INGREDIENTS

1 bunch of arugula
100 g of parmesan cheese in one piece
5 cherry tomatoes
Olive oil
1 tablespoon of instant coffee
1 squirt of Modena balsamic vinegar
1 tablespoon of honey
Salt
Freshly ground black pepper



DIRECTIONS

Wash and dry arugula leaves and place in a salad bowl.
Use a potato peeler to cut parmesan cheese into very thin slices and place them on top of the arugula.
Wash and halve the cherry tomatoes and place them around the arugula.
Dressing: Heat oil, add coffee and mix well.
Beat with hand beater, add vinegar, and honey.
Let cool.
Sprinkle salad with salt, pepper, and dressing.

COFFEE FRAPPE



INGREDIENTS

2 cups of coffee
Sugar
1 shot of whisky
2 cups of light cream

DIRECTIONS

Freeze coffee and process it in a food processor or blender.
Add whisky and process some more.
Whip cream with sugar.
Serve the coffee frappe with whipped cream.

RECIPES WITH COFFEE

COFFEE SOUFFLÉ GLACÉ

INGREDIENTS

6 egg yolks
100 grams of sugar
6 Tbsp. of cold espresso coffee
3 sheets of gelatin
3 egg whites
1 $\frac{3}{4}$ cups of whipping cream
Powdered cocoa



DIRECTIONS

Line 6 individual ramekins with a double sheet of waxed paper, making sure it overextends from the edge. Tape the waxed paper in place.

For the soufflé: beat the yolks with 50 grams of sugar until light in color.

Slowly add the cold coffee and transfer to a double boiler.

Let it cook without stirring until mixture coats a spoon or reaches 85° C.

Soak gelatin sheets in cold water, drain, and add to hot mixture. Let it cool but do not refrigerate.

With an electric beater, beat the 3 egg whites and a pinch of salt until stiff. Slowly add 50 grams of sugar until a stiff meringue is formed.

Fold the meringue into the coffee cream.

Whip the light cream and add to the mixture.

Pour the coffee cream into the individual ramekins, tap to even surface and freeze.

Sprinkle with powdered cocoa before serving.