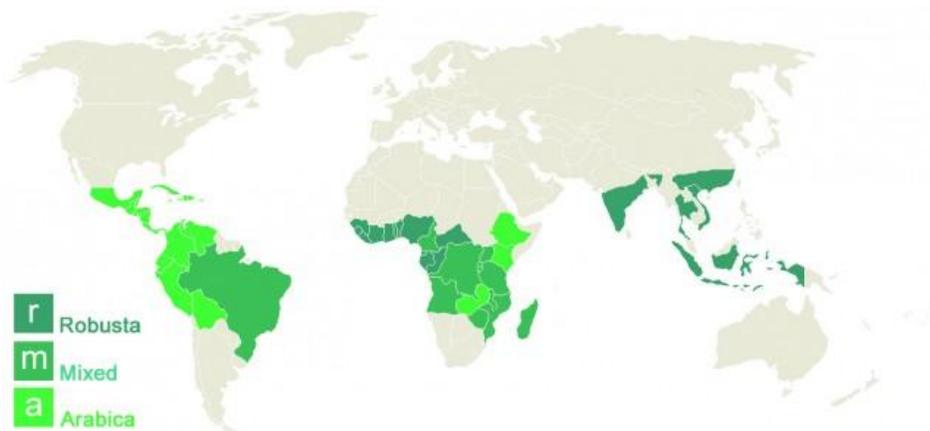


# Taste Budd's Barista's Guide to the Espresso Counter

## COFFEE BACKGROUND:

Coffee comes from a berry that grows on trees in tropical regions. The berries each contain several seeds, which are later processed to become coffee beans. Once the coffee berries are picked, by hand or machine, they are bagged and shipped in their raw form to roasters. Beans are shipped raw because in their raw state they may last up to 2 years, while when roasted their freshness decreases much more rapidly. The two most common types of coffee bean are Arabica and Robusta. Because Arabica is seen as a higher quality coffee, it is the one most commonly used.

Coffee is grown in a particular region of the world known as the Coffee Belt. It is an area that lies roughly between the tropics of Cancer and Capricorn, close to the equator. Some of the countries that produce the most coffee are Brazil, Colombia, Guatemala, Ethiopia, and Indonesia. Sumatran coffee, for example, is grown on the Indonesian island of Sumatra.



Coffee Growing Regions

Raw coffee beans are then put in rotating drums for roasting for about 15 minutes at a high temperature. After roasting the beans are left to rest for about a day and marinate in the gases that are produced during the rotating process. The chemicals interact differently depending on the target flavor of coffee. In order to decaffeinate coffee, the raw beans are soaked in water until they swell, and then the caffeine is drained.

People have been drinking coffee since at least the fifteenth century when it was first documented in Yemen. The first known coffeehouse was established in Istanbul in 1554.

Espresso is made roasted through the same process as other coffees. The difference, however, comes in brewing method. Espresso is brewed through a pressurized system (the espresso machine), and has a top layer of dark cream, the crema. The quality of the crema indicates the quality of the espresso.

## CALIBRATING GRINDER:

The key to pulling consistent espresso shots is calibrating the grinder. If a grinder is not calibrated correctly, a shot of espresso may taste weak or burned.



**Tamper**

A correctly calibrated grinder will result in a 4 second drop time for the espresso. This means that after the button is pushed on the espresso machine for it to start brewing, it takes four seconds for the espresso to start

flowing.

If the grind is too course it will start early, around 3 seconds, and if it is

too fine it will start around 5 seconds. If the grind is too fine the espresso will flow for over 30 seconds and taste too bitter.

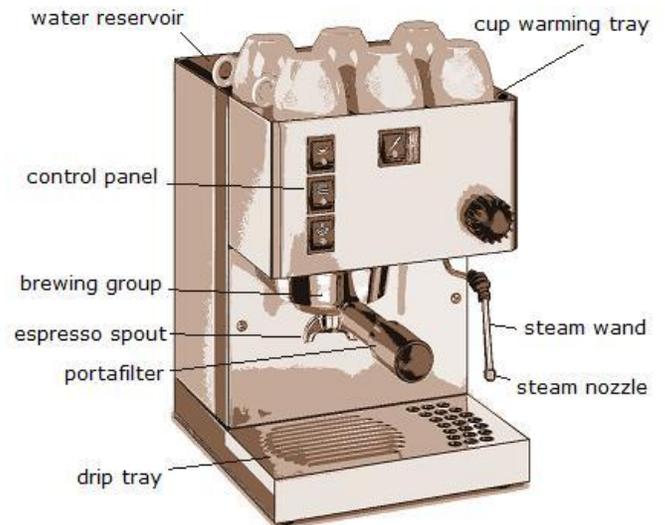
To adjust the grind of the espresso, turn the silver collar around the hopper, while the grinder is running. The collar of the grinder has a legend on it that will indicate which direction it needs to be turned to make the grind more course or fine.



**Espresso Grinder**

## PULLING A SHOT OF ESPRESSO:

- 1) Grind espresso.
- 2) Fill espresso portafilter with espresso (decaf or regular).
- 3) Tap portafilter twice on grinder tray.
- 4) Tamp down espresso.
- 5) Tap edge of portafilter with butt of tamper so as to knock down espresso from edges.
- 6) Re-tamp espresso.
- 7) Hook portafilter to espresso machine, and brew for single or double shot.
- 8) After pulling the shot, be sure to empty the portafilter by banging it on the bar above the espresso garbage. If the used espresso comes out in a solid puck it is a good sign that you filled and tamped the portafilter properly. Then re-attach the portafilter empty to the espresso machine to keep it warm.



## STEAMING MILK:

- 1) Fill milk pitcher one-third to halfway with milk, place probe thermometer in pitcher.
- 2) Position pitcher so that steam wand is near the surface of the milk, and pitcher is slightly tilted toward the wand.
- 3) Turn on wand.
- 4) Stretch milk slightly while steaming by pulling wand closer to surface of milk.
- 5) Continue steaming but gently submerge wand tip to stop the stretch (addition of air) and keep the milk swirling until you reach 155 to 160 degrees.
- 6) When finished, purge the espresso wand of milk by turning it on for a few seconds, and clean off the wand and nozzle with a wet rag.



**Coffee Flower**



**Coffee Berries**

## COFFEE TERMS:

- Arabica- Higher quality, and more common coffee. Not as much caffeine as Robusta. Grown at a high altitude.
- Barista- Person who is trained in the making and serving of coffee drinks.
- Black Coffee- Coffee with no milk.
- Breve- A drink made with half and half.
- Crema- A tan colored foam that forms on the top of espresso as a result of the brewing process.
- Dark Roast- Also known as French Roast. Coffee that has been roasted for longer, and thus contains more roasted flavor, but less caffeine.
- Fair Trade- The goal of “fair trade” is to eliminate the middleman, and ensure a higher profit, and improved working conditions, for the growers. Therefore, fair trade coffee is purchased directly from the farmers, rather than from a distributor.
- Light Roast- More natural tasting coffee with the most caffeine.
- Pull ahead- Pull various shots of espresso in preparation for a heavy run of drink orders (also helpful when there is a big demand on iced espresso drinks).
- Red Eye- Coffee with a shot of espresso.
- Robusta- Twice as much caffeine as Arabica coffee, but less flavor. Grown at a lower altitude.
- Rosetta- Design created by pouring milk
- Simple Syrup- Sugar dissolved in water. Because it is in liquid form it works especially well for sweetening cold drinks.
- Steam up – Steam various pitchers of milk in preparation for a heavy run of drink orders.
- Tamp- To pack down firmly.



## Latte Art



### How to pour a rosetta;

- 1) Hold a cup with espresso shots at an angle against the milk pitcher.
- 2) Pour the steamed milk into the center of the espresso.
- 3) When cup is about  $\frac{3}{4}$  full, move the pitcher side to side to create a zigzag pattern (this will form the leaves).
- 4) Increase spread of zigzag until you get closer to the top of the cup.
- 5) Finally, near the top, pour forward in a straight line through the zigzag pattern to create the stem.



## Taste Budd's Coffee Facts

- ❖ *Everything we sell is 100% fair trade and organic certified (except the flavored coffee brick packs)*
- Taste Budd's Café Blend (SMOOTH) – 50% Guatemalan, 50% Ethiopian, roast shade 50
- Budd's Buzz (BOLD) – 50% Sumatra, 25% Guatemalan, 25% Ethiopian, roast shade 40
- Decaf – 50% Guatemalan, 50% Ethiopian, roast shade 50

## Taste Budd's ESPRESSO DRINKS:

❖ *Any espresso drink may come hot or iced; regular or decaf.*

**AMERICANO:** Fill cup one-half to two-thirds with water. Add desired number of shots of espresso to water (usually 1 or 2). Always add espresso after water.

**BERRY BERRY MOCHA:** A café mocha with raspberry syrup

**CAFÉ LATTE:** One or two shots of espresso and steamed milk.

**CAFÉ MOCHA:** A café latte with chocolate sauce.

**CAPPUCCINO:** Similar to a café latte; however, the ratio is one-third espresso, one-third steamed milk, and one-third foam. The foam on top of the cappuccino acts as an insulator and helps retain the heat of the liquid, allowing it to stay hotter longer.

**CARAMEL BEANY:** Café latte with caramel sauce and vanilla syrup.

**DELHI EXPRESS:** Chai latte with single or double shot of espresso depending on size.

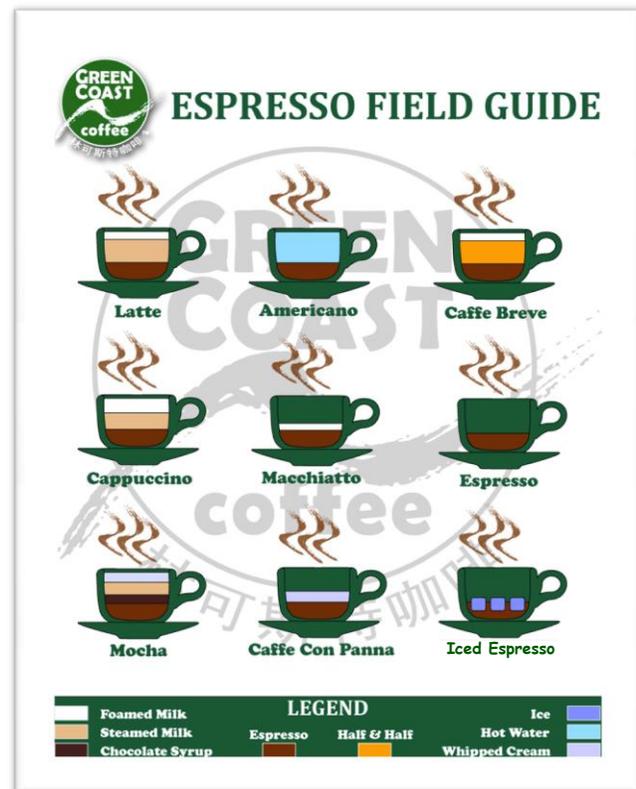
**ESPRESSO CON PANNA:** Single or double espresso with whipped cream on top.

**IVORY COAST:** café latte with white chocolate sauce.

**MACCHIATO:** A single or double shot of espresso with a dollop of foam on top.

**MOCHA BREEZE:** A café mocha with crème de menthe syrup.

**ORANGE-U-NUTS:** A café latte with an even amount of hazelnut and mandarin orange syrup.



## **Taste Budd's OTHER specialty HOT DRINKS:**

**AZTEC CACAO:** Taste Budd's hot chocolate with ¼ tsp of Aztec mix (cinnamon, clove and chili pepper powder).

**CAFÉ OLE:** May come hot or iced. Half coffee and half steamed (or cold) milk.

**CHAI LATTE:** May come hot or iced. Half chai concentrate, half milk. Steamed together. For decaf chai latte, dissolve a scoop of chai powder with boiling water, and add steamed milk while stirring.

**HOT CHOCOLATE:** Dissolve a scoop of hot chocolate powder with scalding water. Add steamed milk while stirring.

**HOT TEA LATTE:** Steep one tea bag (choice of tea) in cup with one-third of the cup filled with water. Add steamed milk.

**STEAMED APPLE CIDER:** (Seasonal) Apple cider steamed alone, or with a scoop of spice powder or caramel sauce.

**STEAMER:** Steamed milk with choice of syrup flavoring if desired.

**SUPER SIPPING COCOA:** A darker, European style hot chocolate. Dissolve a scoop of supper sipping cocoa hot chocolate powder with scalding water. Add steamed milk while stirring.

**TAHITIAN MOO:** Vanilla syrup with steamed milk. Topped with a sprinkle of cinnamon.

## **FLAVORS:**

### **Oils (unsweetened, used for coffee):**

- Amaretto
- Caramel Cream
- Chocolate Raspberry
- Chocolate Mint
- Cinnamon
- French Vanilla
- Hazelnut
- Irish Cream

### **Syrups (sweetened):**

- Apple
- Banana
- Blackberry
- Butterscotch
- Caramel
- Cherry
- Cinnamon
- Coconut
- Crème De Menthe
- English Toffee
- Gingerbread
- Hazelnut
- Irish Crème
- Lavender
- Lemon
- Lime
- Mandarin Orange
- Mango
- Maple
- Orgeat
- Peppermint
- Pumpkin Spice
- Red Raspberry
- Strawberry
- Sugar Free Caramel
- Sugar Free Hazelnut
- Sugar Free Raspberry
- Sugar Free Vanilla
- Toasted Marshmallow
- Vanilla

## **SMOOTHIES:**

❖ *Other flavors occasionally available.*

Made with Milk:

Cocoa Chiller

Chai Chiller (Decaf)

Green Tea Smoothie

Frozen Cappuccino

Frozen Mocha

Frozen Mocha NSA (No sugar added)

### **Fruit Smoothie or Fruit Shake:**

- Banana
- Lemon Cooler
- Mango
- Passion Orange Guava
- Peach
- Pomegranate Blueberry
- Raspberry
- Strawberry
- Wild Berry

## **OTHER DRINKS:**

- **Chocolate Milk:** Dissolve chocolate sauce with several drops of scalding water. Add milk.
- **French Soda:** Seltzer, ice, choice of syrup flavor, dash of half and half.
- **Fresh Pressed Juices:** May choose any combination of carrot, celery, ginger, cucumber, orange, apple, lemon or garlic.
- **Italian Soda:** Seltzer, ice, choice of syrup flavor.
- **Juices:** Cranberry, Orange, Apple, Pomegranate
- **Lemonade**

## **How to Make:**

- **Fruit Smoothie:**
  1. Fill plastic cup with ice.
  2. Fill cup  $\frac{1}{2}$  with water.
  3. Fill remainder of cup with smoothie mix  
*\*Note: For the brand smoothies only fill the cup  $\frac{1}{4}$  with water.*
- **Fruit Shake:**
  1. Fill plastic cup with ice.
  2. Fill cup  $\frac{2}{3}$  with milk.
  3. Fill remainder of cup with fruit smoothie mix.
  4. Add vanilla powder.
- **Iced Latte:**
  1. Fill plastic cup  $\frac{1}{2}$  with milk.
  2. Pull espresso shots directly into the milk.
  3. Fill remainder of cup with ice.
- **Iced Mocha:**
  1. Add pumps of chocolate sauce to plastic cup.
  2. Pull espresso shots directly into chocolate.
  3. Stir chocolate and espresso mixture.
  4. Add milk so cup is  $\frac{2}{3}$  to  $\frac{3}{4}$  full.
  5. Fill remainder of cup with ice.
- **Lemonade:**
- **Powder Smoothie:**
  1. Fill plastic cup  $\frac{3}{4}$  with ice.
  2. Fill cup  $\frac{3}{4}$  with milk.
  3. Add powder.

### **Hot Cup Sizes:**

Small- 12oz

Medium- 16oz

Large- 20oz

### **Iced Cup Sizes:**

Kiddie- 12oz

Small- 18oz

Medium- 24oz

Huge- 32oz

**Pumps of Flavor to Add:**

**Oils (used in coffee):**

*Hot Cups*

Small- 5 pumps

Medium- 6 pumps

Large- 7 pumps

*Iced Cups*

Kiddie- 5 pumps

Small- 6 pumps

Medium- 7 pumps

Huge- 8 pumps

**Syrup:**

*Hot Cups*

Small- 2 pumps

Medium- 3 pumps

Large- 3 pumps

*Iced Cups*

Kiddie- 2 pumps

Small- 3 pumps

Medium- 3 pumps

Huge- 4 pumps

**Sauce:**

*Hot Cups*

Small- 2 pumps

Medium- 3 pumps

Large- 3 pumps

*Iced Cups*

Kiddie – 2 pumps

Small- 3 pumps

Medium- 3 pumps

Huge- 4 pumps

**Number of Espresso Shots in Drinks:**

*Hot Cups*

Small- 1

Medium- 2

Large- 2

*Iced Cups*

Kiddie- 1

Small- 2

Medium- 2

Huge- 4