



*Where coffee, cake and culture combine*



brookgallery





With a constant eye on the environment, sustainability and all things good, the new additions to the gallery are sourced with you, our lovely customers and the planet in mind - therefore where possible we will source organic, bio-degradable and environmentally responsible produce of the highest quality.

Selecting our coffee with the same industry and scholarship as we apply to our fine art has taken us on a fascinating and rewarding journey.

There are so many different types of coffee itself - and the expansive world of specialised coffee drinks. Hopefully this will set out the background to our choices here at Brook.

## *Coffee: A fruit enshrined in tradition, history and culture*

Over 50 countries in the world produce coffee. These are generally found near to the equator in sun rich, often high altitude climates.

There are four types of coffee beans, of these, Arabica beans account for over half of all the world's coffee production. Robusta coffee beans account for most of the rest, with the much less common varieties Liberica and Excelsa (recently integrated into the Liberica family) accounting for a very small percentage of the world's coffee production.

Arabica beans are characterized by a bright taste, balanced acidity, and a complex layering of aromas. Popular Arabica coffee varieties include Bourbon, Typica, Catuai, and Blue Mountain.

Robusta coffee has a name that sounds like "robust," and it is. The Robusta coffee plant is in fact hearty and resistant to disease. Part of what makes it so resistant is the caffeine content — nearly double that of Arabica beans. The high caffeine content in Robusta beans lends to a taste often described as bitter and too strong, so you don't often find it in quality bags of coffee.

Growing regions can play a significant role in determining a coffee's flavour profile and each origin has special characteristics. Kenyan coffee, for example, will have a different flavour profile from coffee grown in Brazil.

Whether the coffee beans are grown in Africa, Latin America, or beyond, the flavour of the coffee beans is determined by the climate, the growing altitude, processing method, bean type, and soil.



## Coffee roasts

While the origin of the coffee bean greatly impacts the flavour, the type of coffee roast makes a massive difference too. There are many different roasts and types of roasts have a strong impact on the flavour profile of brewed coffee. Coffee roasts range from light roast to medium roast to medium-dark, and finally dark roast, often denoted with a measure 1-5. Where 1 is the lighter roast and 5 the darker.

You're probably familiar with some coffee roasts by name, like French roast, Italian roast, Vienna roast, American roast, and city roast. These are all popular names for roast levels that denote a flavour profile, and they correspond to a type of coffee roast.

The colour of the bean is a simple way to tell the type of roast.

If you are trying to gauge why you like a certain type of coffee, generally speaking, light roast coffee beans have a light brown colour. In light roast coffees, more of the flavour compounds remain intact, so light roasts can offer a more complex and distinctive experience. Lighter roasts are often characterized by a more pronounced acidity, and a toasted grain flavour. They have a dry surface - there is no oil the surface of the beans.

Medium roast coffee is medium brown in colour, and the coffee beans generally have a dry surface.

Vienna roast coffee is an example of a medium-dark roast. It is a slightly darker shade of brown, and there may be traces of oil on the surface of the bean. Viennese coffee is slightly darker, richer, and more full-bodied than American roast or city roast.

Dark roast coffee beans, on the other hand, can have a slight oily sheen on the surface of the beans, and their colour is a rich dark brown. The flavour profile has elements of bitterness and smokiness which are popular characteristics of many continental roasts. Darker roasts are popular in espresso blends. French roast coffee, Spanish roast coffee, and Italian roast coffee are examples of popular dark roasts.



## Coffee grounds

There are also many types of ground coffee, from coarse to fine. Each coffee drink has its own specific grind that is critical to its success. eg. cafetiere (French press) coffee comes out best when made with a coarse grind, because finer grounds can clog the filter and cloud the brew. A medium grind works well in many types of drip coffee makers. Espresso needs a finer ground. And Turkish coffee needs a very fine, almost powdery grind.

Our choice of coffee was dictated by versatility and taste first of all, then our ambition to be kinder to the environment. We looked for a blend that would be effective with or without the addition of a milk, then using the cold brew method, have a little natural sweetness for the chilled variations. Both of our coffee selections (caffeinated and de-caffeinated) are using arabica beans and single source with all of the checks and balances in place to ensure that the production is as kind as possible to the environment and the associated farming communities.

## Our choices

### **Café Selva 1kg Fair Trade Organic certified**

Medium/dark roast

Strength level 4

Single Origin: Honduras

Taste profile: Excellent body and punch through milk. Toffee and butterscotch sweetness, with sweet acidity and smokey/spicey notes

### **Café Selva Decaffeinated Fair Trade and Organic certified**

Dark roast

Sparkling water method of decaffeination – no chemical use

Strength level 4

Single Origin: Peru

Taste Profile: Sparkling Water Decaffeinated Blend is bright, clean and full of body, with chocolatey and nutty undertones which hides the fact it is decaffeinated

*Our decaffeinated coffee is individually vacuum packed, per serving for maximum freshness.*

## *Different ways of extracting coffee*

We were amazed at the number of options, so we refined until we felt that we had the best, most manageable selection possible, without compromising on quality, favouring Espresso variations with our Sanremo coffee machine and grinder and cold brew for our chilled options.

### **Drip Coffee**

Also sometimes called filtered coffee, this is what you get when you go into a coffee shop and order a cup of coffee. For years, this is what “coffee” meant in the United Kingdom. A standard cup of drip coffee can be incredible if well-made. It’s not just a matter of using the right amount of water and the right amount of coffee, but also using a good machine and the best ground coffee.

### **Pour-Over Coffee**

Like drip coffee, this method also involves pouring hot water over ground coffee in a filter (either paper or reusable). By carefully blooming the coffee grounds and controlling the flow of the water, a skilful barista or home coffee brewer can reveal subtle aromas and flavours.

### **Cafetiere - French Press Coffee**

French press coffee is also extracted with hot water, but it uses a coarser grind. The coffee blooms in the hot water right in the pot. Then the coffee grounds are pushed to the bottom of the pot with a metal mesh filter.

### **Cold Brew Coffee**

With this increasingly popular method, originally from Japan, coffee grounds are steeped in cool or cold water for many hours, then filtered out. A French press can be used to make a great cold brew coffee.

There’s also the slow drip cold brew method in which water is dripped through the grounds over many hours. Both methods require patience, but the result is a smooth and rich low-acid concentrate that is then diluted with water or milk to make a variety of coffee drinks.

At Brook, we have our refrigerated supply of cold brew coffee whose taste is more similar to that made in a cafetiere and in our opinion slightly sweeter naturally and great for that lovely refreshing Iced Coffee pick-me-up... whatever the weather!

### **Turkish Coffee**

This low-tech method is hundreds of years old and is still popular throughout the Balkans and the Eastern Mediterranean. Finely ground coffee is mixed with water and simmered in a small pot until a head of foam forms a ring around the centre. The coffee grounds are not filtered out. Turkish coffee is sipped slowly from small cups, allowing the grounds to settle into a sediment at the bottom.

### **Espresso**

The Italian coffee classic is the base of many popular and loved coffee drinks. At Brook, we have adopted this method with our lovely barista coffee machine. Made with a fine espresso grind, what defines an espresso is its method of extraction. Espresso is extracted with steam, rather than boiling water. This is what gives espresso its characteristic thick head of crema — the mark of an expertly made shot of espresso. Crema is not cream — it’s a dense and delicious head of tan-coloured foam on top of the espresso.



## *Espresso variations*

All served with your choice of full fat, semi or skimmed milk, or soya, oat or almond varieties

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### **Espresso Ristretto**

An espresso ristretto is made with up to half the amount of water than the standard espresso — it's a short, powerful, flavourful shot measuring around 1oz volume.

### **Espresso**

At the Brook, our standard is a double espresso, otherwise known as a doppio and is simply two shots of espresso served in the same cup, measuring just under 4oz volume.

### **Caffè Americano**

A caffè americano is espresso that has been diluted with hot water to approximate what Italian baristas thought Americans would enjoy. A good caffè americano has the rich, dark flavour of espresso, plus a nice layer of crema. Our americano coffees are 2 shot espresso poured over boiling water measuring approximately 8oz in volume. Enough space for a drop of your favourite milk or creamer. A caffè americano is also sometimes called a long black.

### **Espresso Drinks Coffee Drinks With Milk or Cream**

Shots of espresso together with milk, form the base of a variety of popular coffee drinks traditionally made with whole milk or heavy cream, served either hot or over ice. No compromise on the taste, sometimes a little compromise on the foam, these drinks can be also made successfully using our milk alternatives, skimmed, oat, almond and soya.

### **Cortado**

An espresso (double) served with a small amount of warmed milk, 'wet' or 'dry' to your taste!

### **Cappuccino**

The strongest of the milk and espresso coffee drinks, a cappuccino combines our double espresso with some steamed milk in roughly equal proportions, topped with a head of foamed milk in our 12 oz cups.

### **Mocha**

Adding a shot of chocolate syrup to a cappuccino and topping it with some chocolate powder makes it a mochaccino once again served in our 12 oz cups

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### **Caffé Latte**

A caffè latte is a much milkier drink than a cappuccino (“latte” means milk). It combines a ristretto shot with three or four times as much steamed milk, topped with a small head of milk foam, once again served in our 12oz cup.

### **Macciato**

Our 4oz double espresso shot with pure frothy light and delicious foam, once again served in our 4oz cups

### **Flat White**

The flat white has roughly the same proportion of espresso to milk (4oz/8oz) as the cappuccino, but has a different texture. While a cappuccino is made with steamed milk and an almost dry foamed milk, a flat white is made with microfoam — a velvety, texturized steamed milk...the difference is in the steaming of the milk ... served in our 12oz cups but not filled to the top.

### **Chai Latte**

Espresso mixed with spiced chai tea and steamed milk

### **Turmeric latte**

With the addition of fresh turmeric, cinnamon and pepper to your choice of creamer, you can really enjoy your health kick for the day – served in our 12oz cups.

### **Iced Coffee**

Cold brewed coffee, chilled and served over coffee ice, with a sprig of mint or lemon. A great all year round refreshing coffee boost!

### **Iced latte**

Made with our lovely cold brew coffee with creamer and served over coffee ice cubes. Add an extra flavour shot of syrup for a change...

Whichever your selection, we really hope you will enjoy your coffee. We are as ever invested in bringing you the best possible selection, intelligently sourced. We look forward to your feedback and seeing you again soon.

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COFFEE WITH A CONSCIENCE @



brookgallery



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