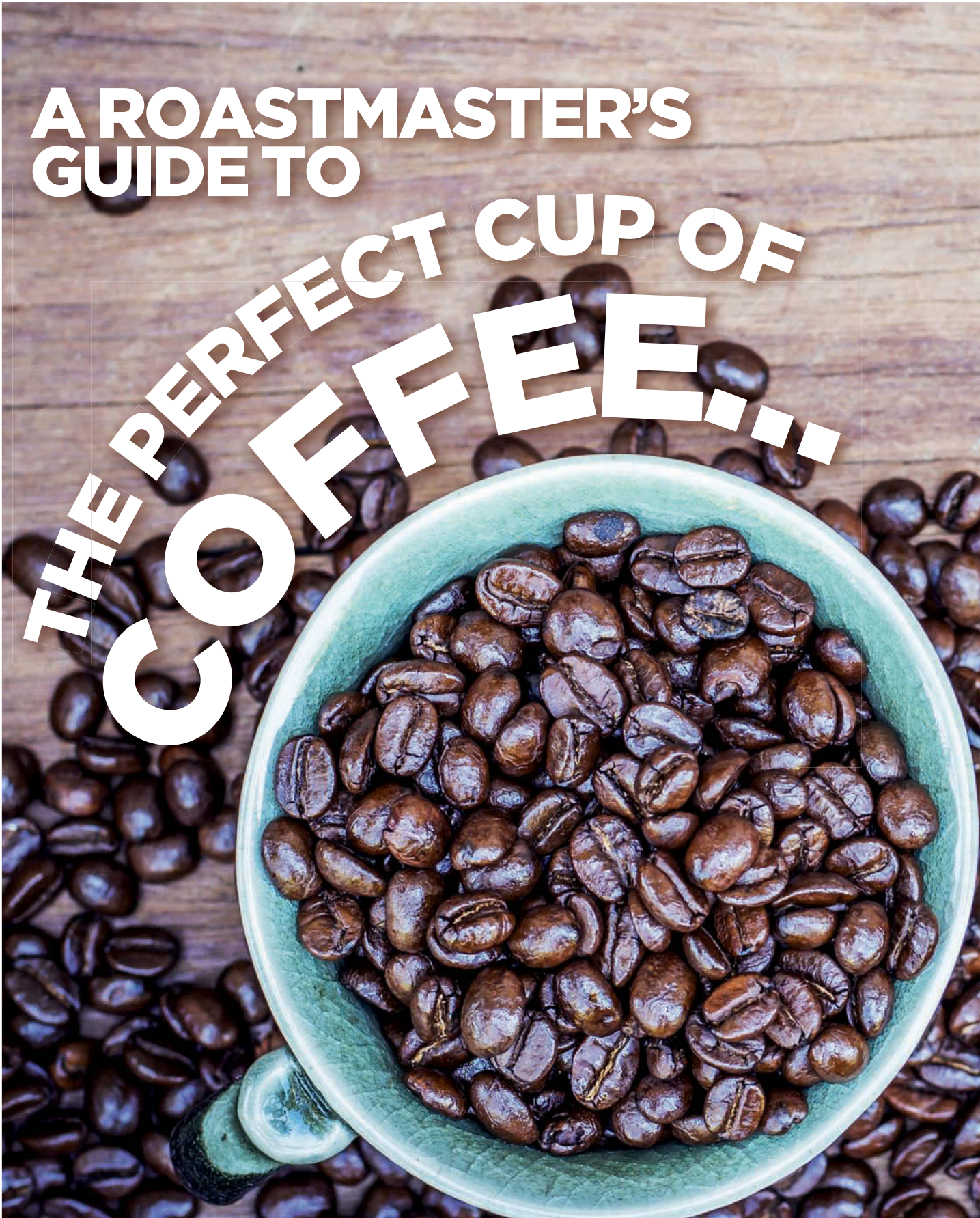



A ROASTMASTER'S GUIDE TO

THE PERFECT CUP OF COFFEE...





If your day just doesn't feel complete without your cup of java, we're with you. And fortunately, recent studies have shown once again that there are some great health benefits to the moderate consumption of coffee, including potentially lowering your risk of colorectal cancer or type 2 diabetes, progression of diseases such as liver cancer and cirrhosis, symptomatic gallstone disease, or even Parkinson's disease. But while we love a Nespresso as much as the next gal, sometimes you just crave a cup of freshly roasted brew at home that involves more than the convenient touch of a button. To help you make a better cuppa, we turned to the experts at Coffee Planet for their roastmaster's tips:

Invest in a high-quality coffee to start with.

Good quality coffee is essential and fresh coffee beans are considered the most important ingredient in achieving the perfect cup. Sourced directly from many different countries around the world, the selection of coffee out there is varied, but you should always check when and where your beans were roasted. Fresh, locally roasted Arabica

beans usually equal a great cup of coffee, as Arabica coffee requires great care during cultivation. The first quality Arabica is known as 'specialty grade'. Look out for this on the packaging if you want the best.

Pay attention to your water temperature.

Believe it or not, water temperature can have a tremendous effect on the quality of your coffee, as 99% of your brew is water. To ensure the water makes the grade, the correct temperature must be used. For an espresso, the water should be between 89°C to 96°C. For other brews, your water should be heated to about 94°C.

Cleanliness is key.

Always ensure that that your coffee machine and grinder are kept clean to avoid hindering the taste of your brew—remember, coffee loves cleanliness! Ideally, you should clean your coffee machine after every use to remove both coffee grinds and oil. Warm soapy water is perfect for the job and won't damage your machine.

Keep your stock and storage in check.

For the perfect coffee, grind your beans as and when they are needed, if you have a grinder. Using freshly roasted coffee makes a huge difference to your beverage, so where possible, try not to bulk-buy your coffee—instead, buy what you will consume each week. The best way to keep your coffee fresh is to place it in a dry, airtight container, away from sunlight and the contamination of spices or protected from heat.

Keep trying new tastes.

If you're looking to try a new blend, Coffee Planet's roastmaster recommends their Italian roast for those who prefer an intense coffee. It contains hints of dark chocolate and citrus with a mild coffee blossom aroma. If organic beans are your jam, and you'd prefer a medium-bodied coffee with the taste of hazelnuts and lemongrass, their Organic blend will hit the spot. Don't forget to pause and enjoy!