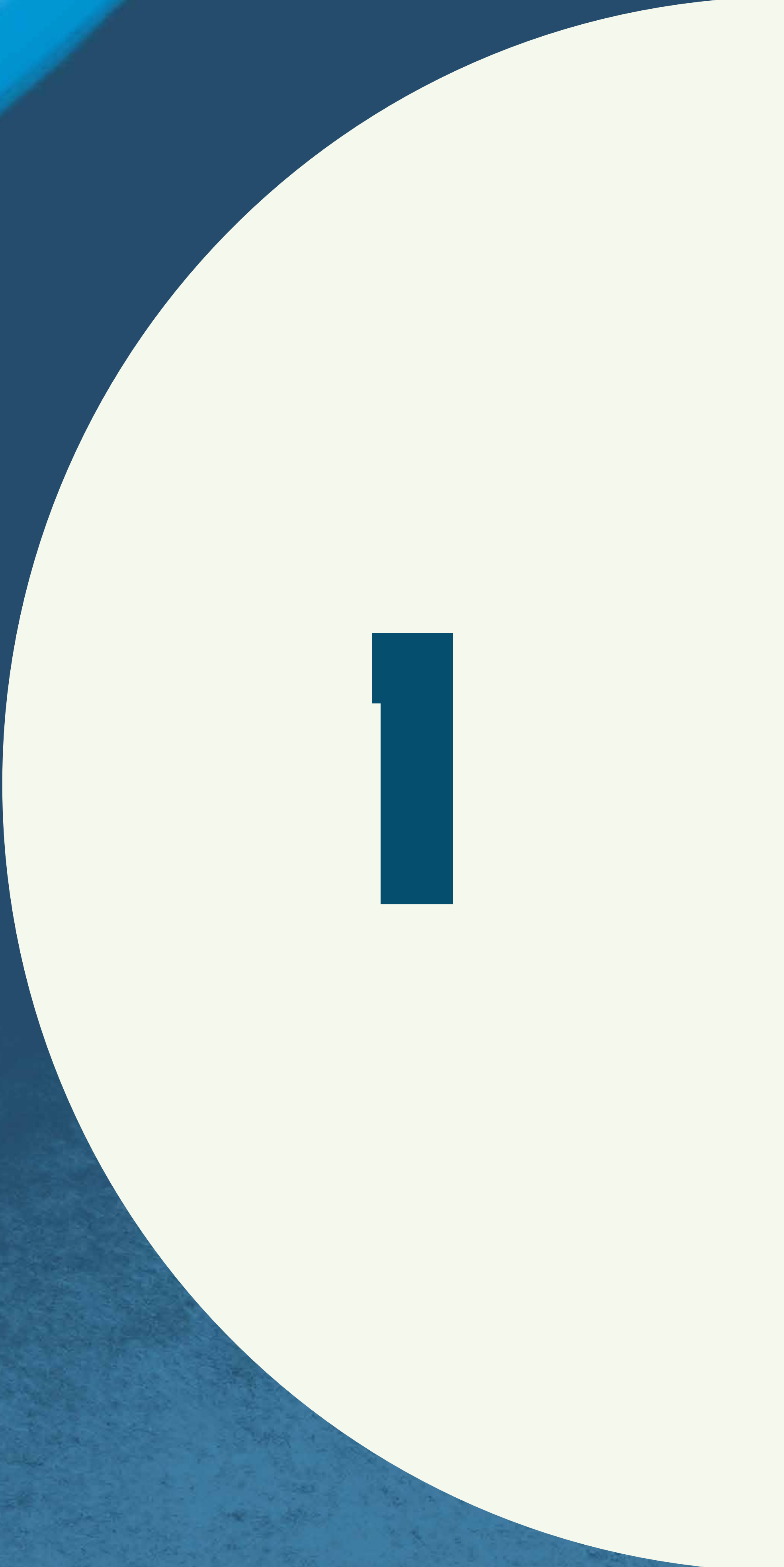




**10 HACKS
FOR CAPSULE
BREWING**

AT HOME

MORNING



1

PREHEAT YOUR MACHINE

Prime your machine by brewing one shot of hot water, without any capsule. A shot is about 30mls of water.

When you switch on your capsule brewing machine at home, it takes a few seconds for the thermoblock in the machine to heat up. However, this doesn't guarantee that the water passage from the thermoblock until the spout of the machine is fully heated as well, which may cause the in-between components to act as a heat sink during the brew.

By preheating your machine with a shot of hot water, it primes the passageways of the water from the thermoblock all the way to the spout.

If you preheat into your favourite demitasse, you will be killing two birds with one stone as it's always advisable to preheat your drinking vessel with hot water to keep your coffee warm longer while you drink.

HOW TEMPERATURE AFFECTS BREWING

The National Coffee Association recommends a brewing temperature of 195 to 205 degrees Fahrenheit (90 to 96 degrees Celsius) for coffee. Unfortunately, it may be difficult for current home capsules machines to brew at this temperature consistently. Overly high temperatures produces more bitter, musty and earthy flavours, while too low temperatures may cause the coffee to under-extract, thus producing undesirable sour flavours. A consistent brewing temperature should bring out a balanced cup of coffee. Typically, a lightly roasted coffee needs a higher temperature to brew while a darker roasted coffee does not need too high a temperature to brew.



2

**DON'T
JUDGE THE
COFFEE BY
ITS CREMA**

The crema isn't the be-all and end-all for delicious coffee nowadays. Swirl and sip!

If you walk past the coffee section of the grocery aisle, you will see this hazelnut, light brown layer on top of all the coffees on the packaging boxes. We were taught for many years that the presence of this hazelnut-coloured layer, which we call crema, means it is a delicious cup of coffee. The thicker the crema, the better.

Although not entirely false, we should not depend on the presence of crema to determine the flavours you will experience from capsule coffee. With lighter roasts and the popularity of Arabica (over Robusta) in coffees being introduced as capsules, crema today will be lighter and thinner than ever. However, you should still have a persistent crema over no crema at all.



WHAT CREMA IS NOT

Crema is NOT milk foam nor is it cream that you see on top of your cappuccino or lattes. The thin layer that you see is actually microbubbles of carbon dioxide suspended on top of the liquid coffee mixed with the fats and oils from the coffee.

Crema is NOT present in filtered or brewed coffee. Due to the pressurized nature of espresso-brewing, it produces the layer of crema on top of the liquid while filter brewing mainly uses gravity to brew and the oils normally get left behind on the filter paper, thus producing a cup of coffee that's just black liquid.



3

PURGE IN-BETWEEN COFFEES

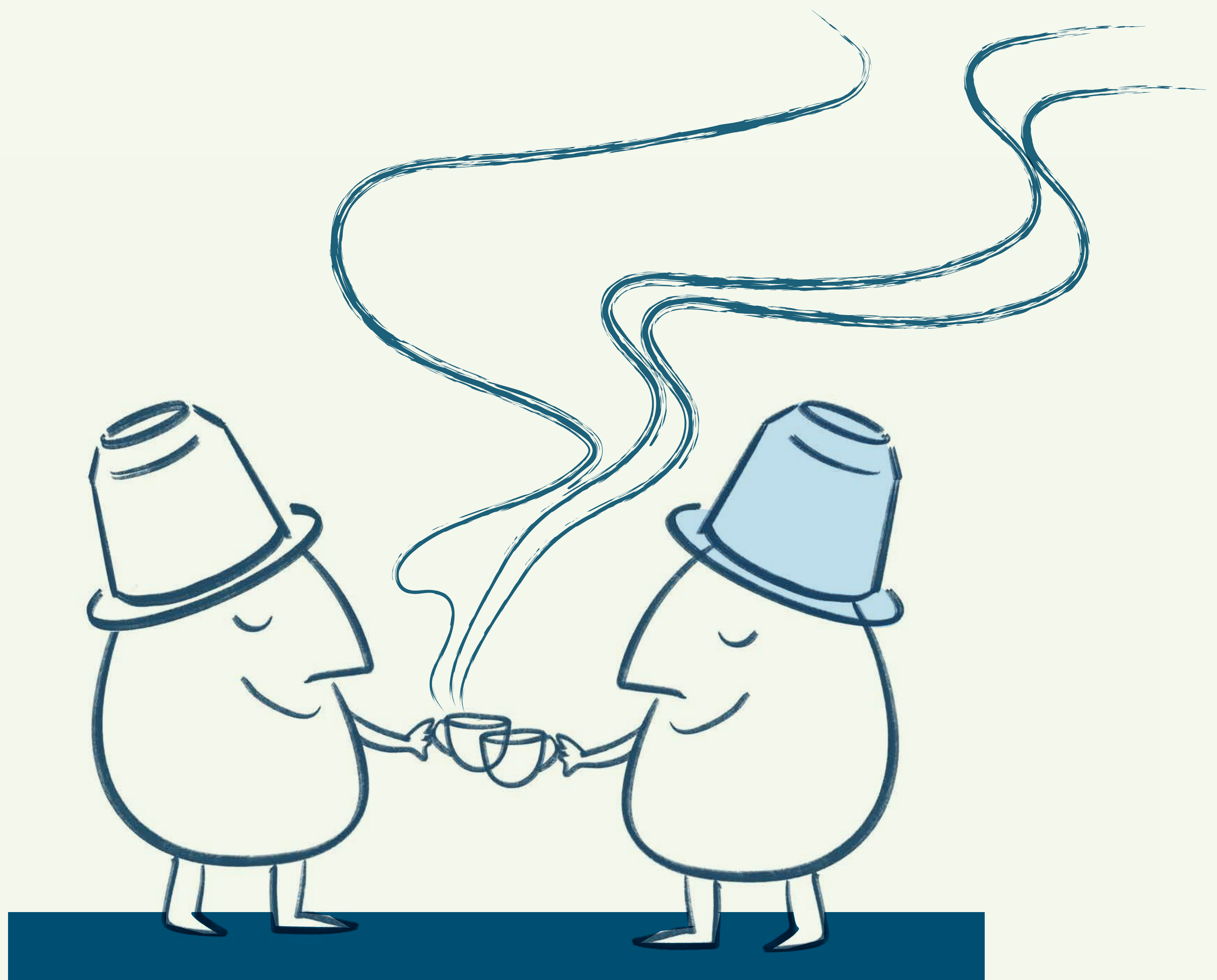
When you swap capsules, do yourself a favour by purging some water in-between different capsules.

The reason why we all love capsule machines is the convenience of trying one flavour today and a different one in the afternoon. There may be residual coffee left in the spout which may affect the flavours of your subsequent capsules. This will depend on the design of your capsule machine. We recommend to purge or flush some water after each capsule is disposed.

Some automatic coffee machines purge automatically after a brew. Unfortunately, no capsule machine purges automatically today. Even if you don't brew a capsule immediately right after, this will also be a good practice of cleaning your machine. As they say, a stitch in time saves nine.

DOUBLE TIP:

If you have a machine with a steam wand for heating up and producing milk, purge that too.



4

A CLEAN MACHINE IS A HAPPY MACHINE

Clean your machine daily and descale at least two to three times a year.



Although capsule machines today are very affordable, it does not mean we should take them for granted. If you are reading this then you probably love coffee as much as we do. Performing frequent cleaning routines with your capsule machine will mean more delicious coffee over time and also the longevity of the machine.

Due to the oils from coffee, it is beneficial to clean the brewing chamber by flushing water through, and better yet by using a cleaning agent, which is normally in the form of a capsule. You should do this once a month, depending on how much coffee you brew at home. Another habit to form is descaling the machine twice or thrice a year. Limescale (which comes from the water) builds along the pipes and may affect the lifespan of your machine's pump.

RECOMMENDED CLEANING PRODUCTS FOR CAPSULE MACHINES:

Nespresso® Descaling Kit

Cafetto Eco Capsule Clean

Urnex Descaling & Cleaning Kit

Clean Taste - Nespresso® Compatible Cleaners



5

**EXPLORE NEW
CAPSULES
FROM OTHER
COFFEE
ROASTERS**

You are very much spoiled today by the variety of new coffee capsules from different roasters and manufacturers.

Nespresso®-compatibles are what they are called. Since the patent expired for the Nespresso® capsule format, roasters and manufacturers jumped onto the opportunity of placing their coffee into capsules that work with the Nespresso® machines. Obviously, there is a quality difference between the selections out there so it's all about asking for recommendations and trying them out. What's encouraging is that Specialty Coffee roasters are slowly adopting the capsule format, which means you will get higher quality coffee capsules to taste and try.

MUST-HAVE CAPSULE COFFEE VARIETIES:

Dark Roast

Light Roast

Decaffeinated

Single Origin



6

**EXPERIMENT
WITH MILK AND
NON-DAIRY
OPTIONS**

You will be surprised by how your coffee changes with the milk that you pair it with.

MAKE YOUR OWN ALMOND MILK AT HOME

112 g raw almonds
1200 ml filtered water
1 pinch sea salt
2 whole dates (optional)
1 tsp vanilla extract (optional)

Soak almonds in boiling water for one hour.

Add soaked almonds, water, salt, and any additional add-ins to a high-speed blender.

Blend until creamy and smooth.

Strain using a nut milk bag or a thin dish towel.

Lay a clean dish towel over a mixing bowl, pour over the almond milk.

Squeeze until all of the liquid is extracted. Discard pulp, or save for adding to baked goods

Transfer milk to a jar or covered bottle and refrigerate.

Shake well before drinking.
Serve fresh, good for 4-5 days.

There has never been a better time in coffee-drinking history for everyone who loves their cappuccinos and lattes. Apart from the variety of Nespresso®-compatible capsules in the market, grocery shelves are now lined up with different kinds of milk brands (from skim to full cream) and non-dairy alternatives like soy, oat and nut milks.

The joy is in the discovery depending on what you find is most suitable for your preferred capsule coffee of choice. Some of the alternatives are creamier, sweeter and cleaner compared to the rest. If you will stick to cow's milk, we suggest to always go for full-cream fresh milk, rather than the UHT pasteurized milk (normally packed in Tetra Paks with longer than normal shelf lives.)





7

**SHAKE,
SHAKE
THAT
CAPSULE**

Just trust us on this one. Shake the capsule before brewing for better tasting coffees.



TRY IT OUT:

If you are not convinced, try it with at least three of your friends:

Get your favourite capsule.

Purge your machine.

Brew the capsule once, without that pre-shake.

Purge your brew head. Repeat the entire process but this time shaking the capsule before you insert it into the machine. Get your friends to try the difference between the two.

In the commercial world of espresso-making, there have been several tools and techniques when it comes to 'coffee distribution'. In essence, you want your coffee to be evenly laid out so that when water passes through, you will get the most bang for your buck in terms of flavour. With capsules, it is very much the same because of the differences in roast styles, dosage (amount of coffee inside the capsule) and various capsule manufacturing process around the world. By giving your capsule a quick shake (about 3 seconds), then inserting the capsule into the brewing chamber of the machine, you are making sure that the coffee grounds inside the capsule are evenly distributed for that maximum flavour potential during the brew.

8

**PAY MORE
ATTENTION
TO THE
WATER**

Do your coffee and machine a favour by paying attention to the water you use. It is as important as the quality of your capsule coffees.

Fresh, filtered water is always recommended to prevent too much limescale build up in your machine. Equally as important is how the water affects the taste of your capsule coffee. The coffee made from a capsule is about 95%-97% water, while the remainder is coffee. Thus, the quality and kind of water that you use will greatly affect the flavours you experience in the cup. Here's what to avoid - very hard water and distilled water. Respectively, you will taste flat and dry-tasting coffee. The best is always to use filtered water with soft to medium 'hardness' for a balanced cup of coffee.



RECOMMENDED READING:

Water for Coffee (Book)
by Maxwell Colonna-Dashwood
& Christopher Hendon

DIY Water Recipes: The world
in two bottles
<http://bit.ly/2l1Q2CX>

Experimenting with the Effect
of Water Quality on Coffee
<http://bit.ly/2n0BZhn>

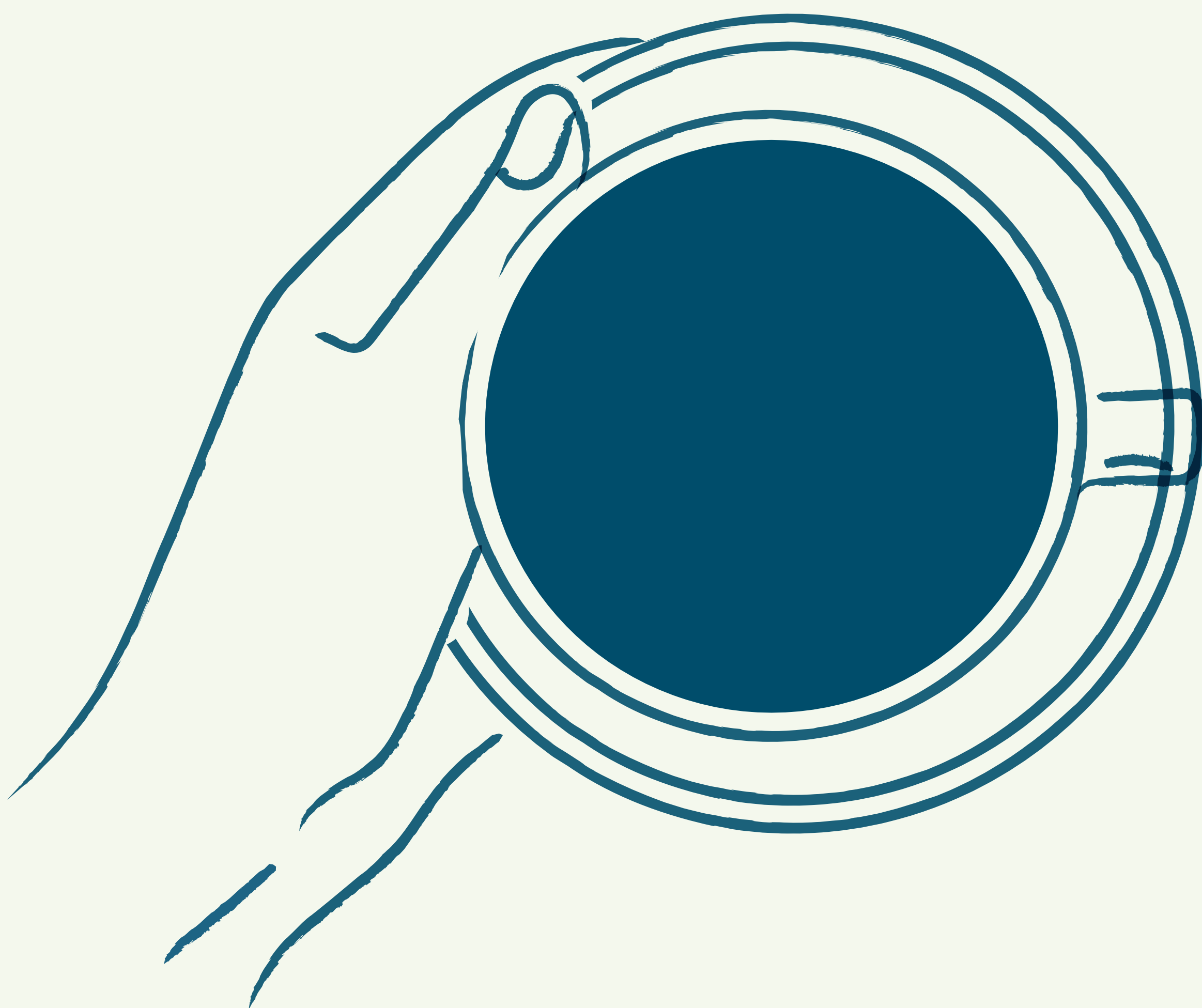
Third Wave Water Blind
Taste Test
<http://bit.ly/2lyyVsA>

9

**AMERICANO,
THE
BETTER WAY**

There is no 'right' way in coffee,
there are only better ways of
doing things.

Some prefer to enjoy coffee slower in a taller beverage format, sometimes called the Americano. With your capsule machine, there is a setting which brews a 'lungo' or a longer coffee shot. There is nothing wrong with this way of extending the coffee you get from your capsule. You might just end up tasting a bitter, astringent cup of capsule coffee. We recommend brewing a short coffee from one capsule over hot water. You can dispense about 3-5 ounces of hot water depending on how strong you like your Americanos.



COFFEE DRINKS FROM DIFFERENT PARTS OF THE WORLD

FLAT WHITE (Australia):

A double espresso with steamed milk with microfoam.

TÜRK KAHVESI (Turkey):

Finely ground, brewed on a copper pot, unfiltered coffee.

KOPI C (Singapore):

Dark roasted Robusta with evaporated milk.

ESPRESSO ROMANO (Italy):

Espresso served with a lemon slice.

KAFFEOST (Finland):

Mild cheese dunked and melted in black coffee.

CÀ PHÊ TRÚNG (Vietnam):

Sweetened whisked egg yolks over strong coffee.

CAFEZINHO (Brazil):

A short, strong, sweet cup of filtered coffee



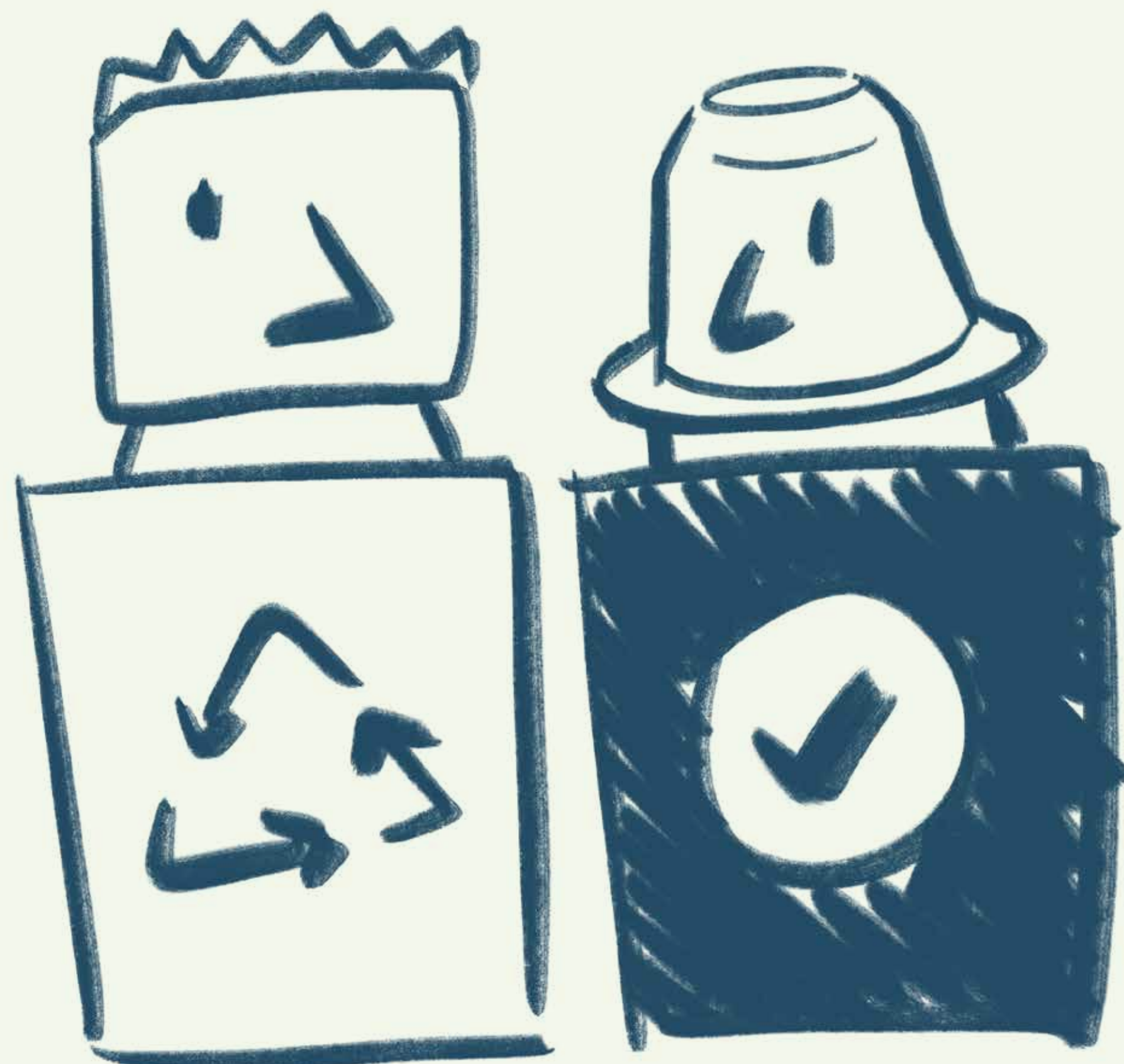
10

**GET TO KNOW
YOUR LOCAL
RECYCLING
PROGRAMS**

Recycling is only as good as the presence of a local recycling facility and putting a little bit of effort at home.

We know that one of the concerns when using capsule coffee is recycling the capsules after use. It is great that Nespresso® has initiatives around the globe to help customers with recycling the capsules that are used at home. This however does not show the entire capsule landscape as there are varying capsule formats out there from plastic, aluminium to compostable capsules.

The challenge in being able to recycle plastic and aluminium capsules is that the spent coffee must be removed from the capsule prior to disposal in the appropriate bin. As for compostable capsules, you may need a commercial composting facility to make this work rather than your backyard. The best way we found is to scout around your local neighbourhood to find localized recycling initiatives and composting options.

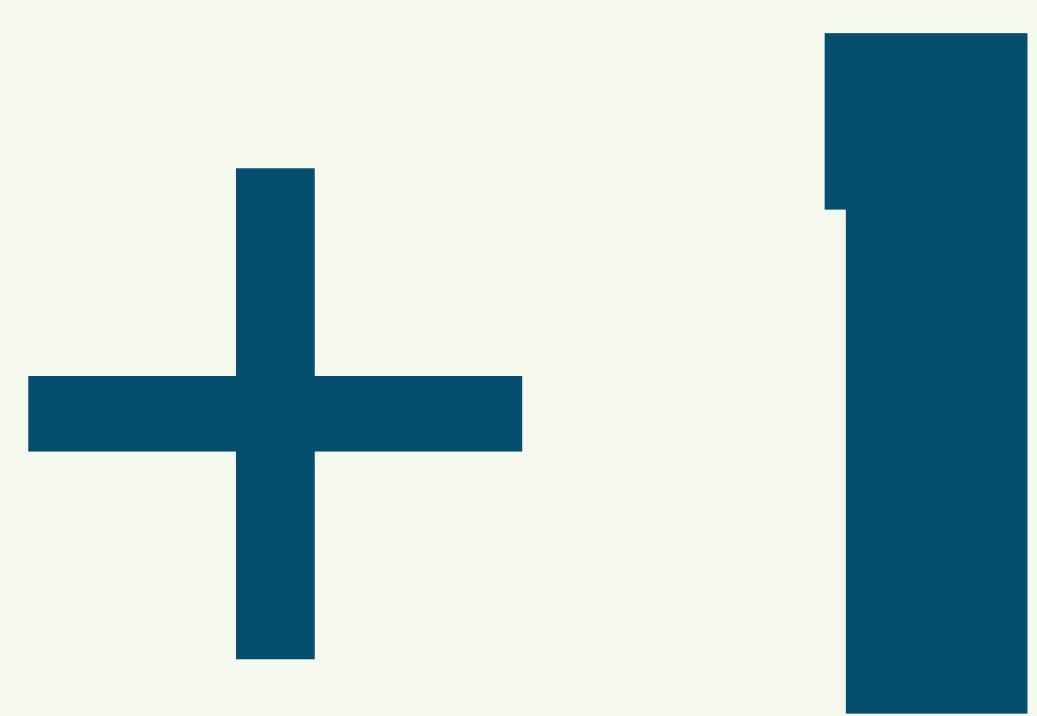


WHAT'S THE DIFFERENCE?

Biodegradable: a material or product that breaks down without oxygen and turn into carbon dioxide, water and biomass within a reasonable amount of time.

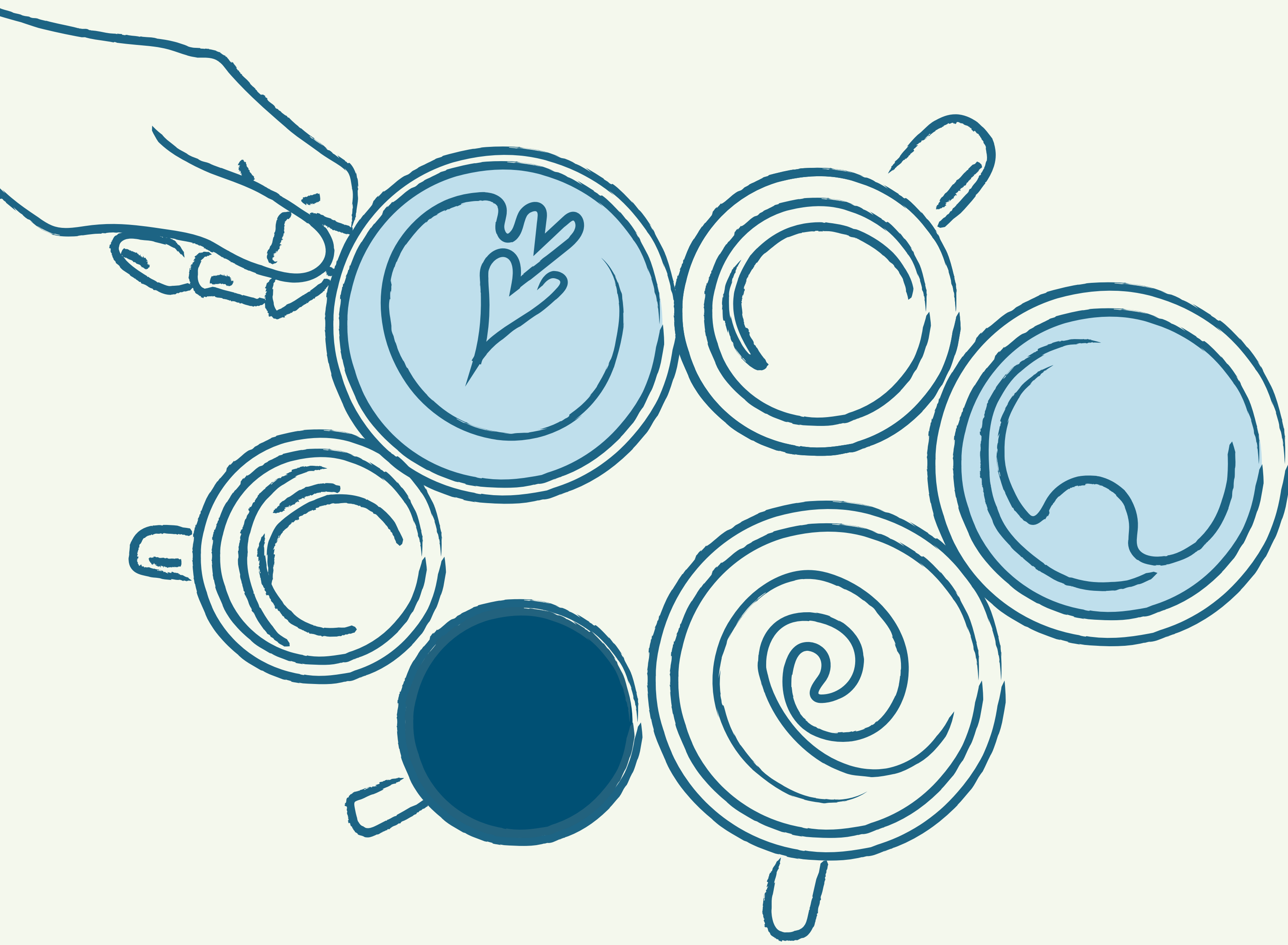
Compostable: a material or product that breaks down into carbon dioxide, water, inorganic compounds and biomass in small pieces in specified time period (i.e. 3-6 months)

Recyclable: to treat or process a material or product for reuse.



**ENJOY
CAFE-STYLE
COFFEES**

An extra capsule goes a long way if you want to replicate your favourite cafe beverage.



CAFE-INSPIRED RECIPES

Long Black: a double shot from two capsules, topped up with equal amounts of hot water

Flat White: a double shot from two capsules, topped up with steamed milk

Iced Latte: pour some milk over a tall glass with ice, then finish it off with a double shot from two capsules

Espresso Macchiato: a single espresso from one capsule topped up with a dollop of milk foam

One of the things we love about capsule coffee is the convenience of it. If we had to nitpick the Nespresso®-compatible capsules would be the amount of coffee that is inside. There is a range of 4-7 grams of ground coffee that can be fitted depending on capsule make and manufacturer.

To enjoy cafe-style beverages, wherein an espresso is brewed from 16-20 grams of dried coffee grounds, we recommend to try popping two capsules into your machine when concocting your next coffee at home. You don't need to do 'lungos' with this method, just a couple of separate 'espresso' shots would be ideal as a base for your cafe-inspired Flat Whites.

HAPPY BREWING!

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