

ESPRESSO

FREDY PEREZ

HONDURAS

SWEET & TEXTURED

WITH NOTES OF PANCAKE SYRUP, PECAN PIE, GRANITA



Fredy Perez and his family grow and process their coffee with a purpose and focus. The result is coffees that are exact, refined and flavour-driven. Fredy and his wife, Glenis, are heavily involved in the day-to-day operations of their farm, and their hard work was rewarded this year with a placing of 14th at the 2023 Honduras Cup of Excellence.

This coffee makes for a spectacular morning espresso, like drinking warm pecan pie to start the day.

This unique coffee is from San Andres, in the southwest of Honduras, and marks only the second time we have purchased a coffee from this region. In coffee terms, San Andres is a relatively youthful region, with most coffee production not starting here until the 90's. Considered an unknown a few short years ago, coffee from this region has now made the industry sit up and take notice.

WE BELIEVE IN HONEST COFFEE

We determined a sustainable, profitable price for the growing longevity with the producer. We've listed the Freight on Board (FOB) price we paid to our origin partner, San Vicente. Fredy Perez receives the Farmgate price directly for his coffee as parchment. In addition to the FOB, we incur further costs in shipping the coffee to Melbourne, completing a quality assessment, roasting (resulting in a 15% weight loss) and packaging for retail sale. You can read more about the way we source coffee via our website.

PRODUCER

PRODUCER	Fredy Perez
COUNTRY	Honduras
ORIGIN	Caona, Lempira
FARM / COOP	Congolón

COFFEE

VARIETIES	65% Catuai, 25% Lempira, 10% Bourbon
PROCESS	Fully Washed
ALTITUDE	1800 masl
HARVEST	January - March
LOT SIZE	690 KGs
QUALITY SCORE	86.5
FIRST ROAST	Monday November13

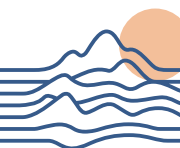
PURCHASING

BUYER	Ryan
ORIGIN PARTNER	San Vicente
LENGTH OF RELATIONSHIP	2nd Year

COMPARE THE TRADING MODELS

TRADING MODEL	SEVEN SEEDS	COMMODITY	FAIRTRADE
FARMGATE	\$10.11	Varies	Varies
FOB	\$13.05	\$5.26	\$5.46

Figures are shown in AUD/kg, at the conversion rate at time of contract. Varies due to different processing methods for each coffee, comparison isn't possible.



THE BEST TIME TO DRINK COFFEE

We've found the best window to brew coffee is 7-14 days after the roast date. That period best represents the coffee we've sampled, sourced, quality assessed, roasted and deemed good enough for our menu.

Coffee continues to be optimal for up to 30 days after the roast date.

V60 POUR OVER

We use a starting point ratio of 5g - 6g per 100 mLs of water. A 1-cup V60 cone will suit a standard 250mL brew. If you like a stronger coffee, explore adding an extra 2g - 3g of coffee per 100 mL of water.

Place filter paper in the cone then thoroughly rinse the filter paper with hot water. Place ground coffee in the centre of the cone and add hot water in a 1:3 ratio eg: 15 grams of coffee with 45 grams of water. Gently swirl or agitate ensuring all ground coffee is wet, then wait for your timer to hit 60 seconds. Continue adding water, topping up as it soaks through. Give it another little swirl/stir once all of the water has been poured. Wait for the last of the water to drip through into your cup. Total brew time should be between 2:30 - 3:30.

ESPRESSO BREWING

BREW RECIPE

Based on the size of your basket, aim for a ratio of 1:2 coffee to water, e.g., 18 grams of coffee to 36 grams of water. Adjust according to preference, up to plus/minus 1 gram. We pour a longer shot in Seven Seeds cafes using a 19g:43g ratio.

TEMPERATURE

Aim for 94-95 degrees Celsius if your machine allows temperature adjustment.

TIME

Your brew time should be between 26-32 seconds, give or take a few seconds.

ADJUSTMENTS

For a stronger brew, aim for a slower brew time. Use a ratio with less water and coffee with a finer grind.

If you prefer a weaker coffee, this can be achieved with a coarser grind for faster brew time and/or a longer yield.



FILTER BATCH BREWING

Seven Seeds Target Ratio 16.5 : 1 water to coffee.
Approx. 100mL of water to 6 grams of coffee.

