



Province of the  
**EASTERN CAPE**  
EDUCATION

# **HOSPITALITY STUDIES**

**GRADE 10**

**TERM 2 WEEK 7**

## **TEA AND COFFEE NOTES**

This document consists of 11 pages.

# TEAS

- Teas and coffees are called hot beverages
- In hotels, these are prepared in (a) *the still room* (for the lounge & restaurant service)  
(b) *the pantry* ( or room service )
- Some hotels provide tea and coffee machines for the guests in their rooms
- In a restaurant, the tea and coffee service usually forms part of the bar services.
- Tea is made from the leaves and buds of an evergreen bush.
- **China** is the world's oldest tea-growing country.
- **India** is the world's largest tea producer.

## SPECIAL TEA BLENDS

- **Indian / Ceylon tea** (breakfast tea) may be brewed either in china or metal teapots.  
Can be served with milk and sugar, or black with lemon
- **Chinese or green tea:** made in a china pot and drunk black. Sugar and lemon may be added
- **Russian or lemon tea:** served with lemon in 250ml glasses, in a silver holder with a handle.  
Sugar is served separately
- **Iced tea:** well-chilled strong tea. Served in a tumbler with lemon and mint leaves.  
Sugar is optional
- **Earl grey tea:** a special blend of tea with a slight citrus flavour...  
Served with lemon, or milk
- **Tisanes:** (herbal or fruit infusions)  
Used for medicinal purposes. They don't contain caffeine, and are drunk as are.  
E.g. Chamomile, Mint, Blackcurrant, Black Forrest
- **Rooibos:** found in SA, made from an indigenous shrub grown in the Western Cape

# TYPES OF TEA



**CEYLON TEA**



**CHINESE TEA**



**GREEN TEA**



**RUSSIAN TEA**



**ICED TEA**



**ICED TEA**



**TISANE INFUSIONS**



**TISANE (CAMMOMILE)**



**ROOIBOS TEA**

## Speciality Teas:

- More expensive
- Named after their growing region or
- The person/ event that they were originally blended for

E.g.:

- **Earl Grey** – light citrus flavour (served with lemon or milk)
- **Darjeeling** – from Darjeeling Hills in India (finest black tea)
- **Assam** – black tea grown in Assam, India (breakfast tea)

**Chai Tea** – Indian tea made from black tea that is brewed with spices (cinnamon, ginger, cloves, cardamom and black pepper) Served with sugar / honey and warm milk

**Pekoe / Orange Pekoe** – this refers to the size of the tea leaf, and not a flavour

### SPECIALITY TEAS

		
<b>EARL GREY TEA</b>		<b>CHAI TEA</b>
		
<b>DARJEELING TEA</b>		<b>ORANGE PEKOE</b>
		
<b>ASSAM TEA</b>		<b>GREEN TEA</b>

## STORAGE AND PREPARATION:

Store in a dry, air-tight container, away from moisture & strong smelling foods.

### To make the perfect cup of tea:

- All equipment must be clean
- Heat the teapot first, before putting teabags / leaves in
- Use freshly boiled water
- Make sure water is boiling when pouring into the teapot
- Allow to brew / steep for 3-4 minutes
- Allow about 20ml milk per cup
- Sugar and lemon is optional

### SERVING TEA:

- Tea is always served in a teapot, with a jug of cold milk & separate boiling water & sugar, on a tray with a cup & saucer & teaspoon.
- Never serve tea in a cup with a tea bag.
- The teaspoon is positioned in front of the cup, with the handle on the right, under the ear of the cup. The guest is always served on the right.



TEA CUP & SPOON



TEA POT



TEA SERVICE

### CUTE TEA POTS ☺



# COFFEE

- Coffee beans are the beans of a tropical shrub
- **There are 2 types of these shrubs:**
  - 1) Coffee Arabica
  - 2) Coffee Robusta
- **Arabica Coffee** is a mild coffee, which is cultivated in Brazil, Arabia, Ethiopia, India, Mexico & Costa Rico
- **Robusta Coffee** contains more caffeine, & is cultivated in the Ivory Coast, Angola & Zaire
- Coffee beans are roasted to develop their flavour.
- The degree of roasting (**light, medium & dark**) determines their flavour, and colour
- After roasting, the beans are ground so that the coffee can be infused
- Most ground coffees are blends of different varieties.
- Coffee is prepared in different ways, using different equipment



## MAKING FILTER COFFEE

- Made by placing coffee grounds into a filter, which is placed over a pot.
- Hot water is poured through the filter to soak through the coffee grounds.
- The water absorbs the flavour of the coffee grounds and drips into the pot below.
  
- Use fresh coffee.
- Once the beans are ground, it loses flavour and aroma quickly
- To keep coffee fresh, store in air-tight containers.
- The right grind should be used.
- A coarse grind needs more extraction time than finer grinds.
- Use the right proportions.
- Always measure the amount of coffee.
- Use freshly drawn water.
- Water that has been standing makes the coffee taste flat
- Use water at the right brewing temp ( 90-93 ° C )
- If the water is too hot, bitter solids will be extracted. If too cold, not enough flavour will be extracted.
- Once prepared, serve as soon as possible.
- High temps decompose the coffee, and hold holding periods (over 1 hour) decrease the flavour
- Use clean equipment. Coffee leaves oily deposits, which turn rancid or bitter.



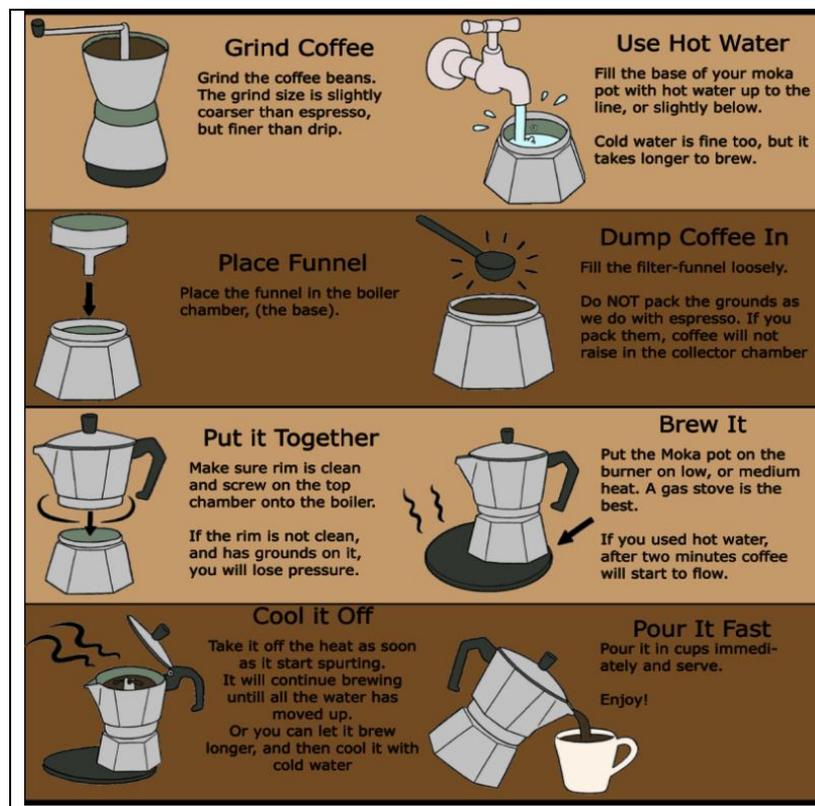
## MAKING PLUNGER (CAFETIÈRE) COFFEE

- Ground coffee is placed in the bottom of a jug (**bodem**).
- Hot water is poured onto the coffee and the plunger is inserted into the jug.
- Allow the coffee to infuse for about 4 minutes, before pushing the plunger down.



## MAKING PERCOLATED COFFEE

- Place water in the bottom section of the percolator.
- Place coffee grounds in the narrow middle section over the water.
- Screw the top section and place over high heat.
- Wait for the water to boil.
- The boiling water is forced up through the coffee grounds and the coffee is then held in the top section, ready to drink



# OTHER FORMS OF COFFEE

	FORM OF COFFEE	DEFINITION
1	<b>INSTANT COFFEE</b> 	<ul style="list-style-type: none"> <li>• a powdered soluble extract from coffee beans</li> <li>• Made by adding boiling water</li> <li>• Add milk and sugar to taste</li> </ul>
2	<b>DECAFFEINATED COFFEE</b> 	<ul style="list-style-type: none"> <li>• the caffeine (a chemical stimulant) is removed from the final product</li> </ul>
3	<b>ESPRESSO</b> 	<ul style="list-style-type: none"> <li>• a strong, dark coffee made from dark roasted beans.</li> <li>• It is served in small cups, without milk</li> </ul>
4	<b>DEMITASSE</b> 	<ul style="list-style-type: none"> <li>• strong, black coffee served in small cups after dinner</li> </ul>
5	<b>CAPPUCCINO</b> 	<ul style="list-style-type: none"> <li>• combination of equal parts espresso &amp; frothy steamed milk.</li> <li>• Sometimes topped with whipped cream and cinnamon (either ground, or a stick)</li> </ul>

6	<b>ICED COFFEE</b> 	<ul style="list-style-type: none"> <li>• is made double strength, to make up for the dilution from the melting ice blocks.</li> <li>• Espresso is mixed with equal quantities of cold milk and cream and served in a tall glass, on ice, with straws</li> </ul>
7	<b>CAFÉ AU LAIT</b> 	<ul style="list-style-type: none"> <li>• coffee with hot milk added (French)</li> </ul>
8	<b>CAFÉ LATTÉ</b> 	<ul style="list-style-type: none"> <li>• adding espresso to a glass of hot milk (Italian)</li> </ul>
9	<b>CAFÉ MOCHA</b> 	<ul style="list-style-type: none"> <li>• café latté with cocoa powder or chocolate syrup added (American)</li> </ul>
10	<b>IRISH COFFEE</b> 	<ul style="list-style-type: none"> <li>• hot coffee is poured into a heated goblet / glass.</li> <li>• Sugar is added to help the cream float.</li> <li>• Whiskey is added, then cream is slowly poured over a teaspoon onto the top of the coffee.</li> </ul>

11	<b>CAFÉ ROYALE</b> 	<ul style="list-style-type: none"><li>• same method as Irish coffee, but whiskey is replaced with brandy</li></ul>
12	<b>TURKISH/ EGYPTIAN COFFEE</b> 	<ul style="list-style-type: none"><li>• made from dark roasted mocha beans, which is then ground to a fine powder.</li><li>• Made in an <b>Izbek</b> pot.</li><li>• It is sweetened and served in small cups with a vanilla pod.</li></ul>