

Chapter 10 *Preparation of Instant Coffee*

Objectives: At the end of this chapter learners would be able to:

- understand the meaning of instant coffee
- prepare and serve the instant coffee
- know the different flavours of instant coffee

Equipment's required:

1. Coffee cups, coffee saucers and coffee spoons
2. Tea cups, tea saucers and tea spoons
3. Trays with tray covers
4. Salvers with covers
5. Bowls with under liners to keep instant coffee mixers

Teaching Aid:

- Projector LCD / OHP
- Site Visit to star hotels in the vicinity
- Practical and Demonstration
- White board with marker

Instant coffee is a stimulant beverage derived from brewed coffee beans. Through numerous manufacturing processes the coffee is dehydrated into the form of powder or granules. These can be mixed with hot water to provide a drink similar (though not identical) to conventional coffee. At least one brand of instant coffee is also available in concentrated liquid form.

The advantages of instant coffee are speed of preparation, less weight and volume than non-instant coffee / ground coffee / beans coffee to prepare the same amount of drink, and long shelf life; coffee beans, and especially ground coffee, lose flavour as the essential oils evaporate over time. The cafestol in instant coffee is also less as compared to ground coffee and is considered an advantage, because the compound is largely responsible for raise in cholesterol levels.





Although it has a long shelf life, instant coffee quickly spoils if it is not kept dry. Instant coffee differs in make-up and taste from ground coffee. In particular, the percentage of caffeine in instant coffee is less, and bitter flavour components are more evident. The lowest quality coffee beans are often used in the production of instant coffee and sometimes other unwanted residues like corn from the harvest are added in the production process. The best beans are usually kept to be sold whole.

Instant coffee is commercially prepared through vigorous extraction of almost all soluble material from ground roasted coffee beans.

Instant coffee was invented in 1901 by Satori Kato, a Japanese scientist working in Chicago. Kato introduced the powdered substance in Buffalo, New York. The Nescafé brand, which introduced a more advanced coffee refining process, was launched in 1938.

High-vacuum freeze-dried coffee was developed shortly after World War II, as an indirect result of wartime research into other areas.

One advantage of instant coffee is its simplicity of preparation. It is virtually impossible to accidentally improve the product during the rehydration / mixing process, and simple instructions are printed on the back of typical instant-coffee packaging.

Instant coffee is available in powder or granulated form contained in glass jars, sachets or tins. The user controls the strength of the resulting product, by adding more or less water (for a weaker or stronger brew). Too strong a brew may spoil the intended flavour and produce what some describe as an unpleasant "metallic" taste.

Instant coffee is also convenient for preparing iced coffee like the Greek frappé, which is popular in warmer climates and hot seasons like India. In India the instant coffee is mixed with milk and served to children and old people as it provides better nourishment.

As with regular coffee, the green coffee bean itself is first roasted to bring out flavour and aroma. Rotating cylinders containing the green beans and hot combustion gases are used in most roasting plants. When the bean temperature reaches 165°C the roasting begins, accompanied by a popping sound similar to that produced by popcorn. These batch cylinders take about 8-15 minutes to complete roasting with about 25-75% efficiency. Continuous fluidized bed roasting only takes between thirty seconds and four minutes, and it operates at lower temperatures which allow greater retention of the coffee bean aroma and flavour.



SERVICE OF INSTANT COFFEE:

The guest is welcomed and seated in the restaurant. Present him the menu card / list of instant coffee brands available. Take the order for hot or cold instant coffee.

SERVICE OF HOT INSTANT COFFEE:

Place the tea cup, tea saucer and tea spoon in front of the guest from right hand side as explained in earlier chapter No. 4. Take the hot clean potable water and mix the same with the desired instant coffee and serve from right hand side. If desired, milk and sugar can be passed separately.

SERVICE OF COLD INSTANT COFFEE:

Cold instant coffee is served pre plated in a tall glass with or without ice cream with under liner covered with a doily paper and a parfait spoon from right hand side. Straw holder with straws is passed to guest. In case desired sugar syrup in a sauce boat and can be served.



References And Further Readings

1. Modern Restaurant Service : **JOHN FULLER**, *Hutchison*.
2. Mastering Restaurant Services : **H.L CRACKNELL** and **G.NOBIS**, *Macmillan*.
3. Food and Beverage : **DENNIS LILLICRAP AND JOHN COUSINS**, *Hodder & Stoughton*.
4. Improving Food and Beverage Performance : **KEITHWALLER**, *Butterworth-Heinemann*.
5. Bar and Beverage Book : **KOSTAGIS, THOMAS AND PORTER**, *John Wiley*.
6. Food & Beverage Service : **BRUCE AXLER, CAROL LITRIDES**, *John Wiley and Sons*.
7. Text Book of F&B Service : **SN BAGCHI , ANITA SHARMA** , *Aman Publications*.
8. Food & Beverage Service : **VIJAY DHAWAN**.
9. Food Preparation and Cookery: **CLIVE FINCH**, *Addison Wesley Longman*.
10. Practical Cookery : **JOHN CAMPBELL, DAVID FOSKETT, VICTOR CESERANI**, - *Book Power(ELST)*.

