



How to Make Coffee: The Science Behind the Bean

Lani Kingston

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Caffeine is the most widely consumed mind-altering molecule in the world; we cannot get enough of it, and drinking good coffee is our delivery system. How is it that coffee has such a hold? Its all in the chemistry; the molecular structure of caffeine and the flavour-making phenols and fats that can be lured out from the bean by roasting, grinding and brewing. Making good coffee depends on understanding the science: why water has to be at a certain temperature, what method works best with which grind, how roast affects taste, what happens when you add cream, and which bean you start out with. How to Make Coffee lays out the scientific principles for the coffee-loving non-scientist; stick to these and you will never drink an ordinary joe again.

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