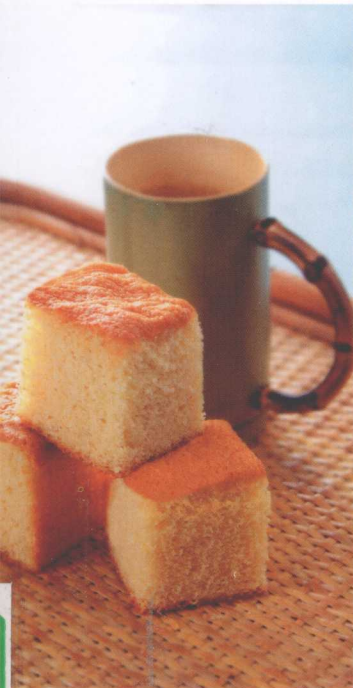
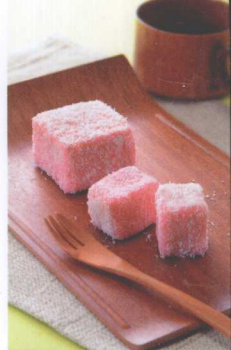


Exquisite Café Desserts

黄盈莹◎编著

Café 甜点

轻松的下午茶文化，浪漫温馨的闲适生活





Café 甜点

黄盈莹◎编著



化学工业出版社

·北京·

本书从咖啡的历史开讲，将一个全面而生动的咖啡世界呈现给读者。不但详细介绍了40种咖啡甜点以及20种咖啡饮品的制作方法，更将深沉内敛的咖啡文化，以及浪漫温馨的闲适生活传递给读者。图片精巧细致，英文版的注脚让你的咖啡甜点更加精纯地道。

图书在版编目 (CIP) 数据

Café 甜点 / 黄盈莹编著. 北京: 化学工业出版社,
2008.10

ISBN 978-7-122-03616-2

I. C… II. 黄… III. 糕点-制作 IV. TS213.2

中国版本图书馆CIP数据核字 (2008) 第133505号

作品: Café 甜点 作者: 黄盈莹 ISBN 978-962-14-3587-3

Copyright© 2007 万里机构出版有限公司

All rights reserved.

本书中文简体字版由万里机构出版有限公司授权化学工业出版社独家出版发行。

未经许可，不得以任何方式复制或抄袭本书的任何部分，违者必究。

北京市版权局著作权合同登记号: 01-2008-1125

责任编辑: 李娜 马骄

装帧设计: 北京水长流文化发展有限公司

责任校对: 周梦华

出版发行: 化学工业出版社 (北京市东城区青年湖南街 13 号 邮政编码 100011)

印装: 北京画中画印刷有限公司

720mm×1000mm 1/16 印张 8 字数 137 千字 2009年1月北京第1版第1次印刷

购书咨询: 010-64518888 (传真: 010-64519686) 售后服务: 010-64518899

网 址: <http://www.cip.com.cn>

凡购买本书，如有缺损质量问题，本社销售中心负责调换。

定 价: 32.00元

版权所有 违者必究



前言 Foreword

香港的咖啡店数目不多，主要由两、三间著名的外国品牌连锁咖啡店占据大部分市场；相比于台湾，香港的咖啡店就比较逊色了。台湾咖啡店所售卖的饮品类别有很多，如芒果摩卡、梅子绿茶……不会局限于只售卖咖啡、红茶等等。享用一杯咖啡或特饮时，配上一件slices或bars，不但是最佳拍档，还是极完美的食物组合。享受咖啡和甜点可使人们暂时放下工作，忘掉烦忧，好好享受一刻闲适。这本书中饼类采取简单做法，放弃浮夸的奶油装饰，并且改良了甜度和减少油脂分量，每当心情低落时，我会冲一杯热朱古力饮用，顿时我会觉得很充实，所有烦恼立即消失。后来在一些文献上找到答案，原来朱古力可助舒缓神经，下次你遇到相类似的情形，也可以试一试。

在此，再次多谢编辑、摄影师Johnny、Auntie Cecilia、冯华青和罗韵诗等各位朋友的帮忙，才可顺利完成此书。还要感谢 Maxly Food Company Ltd.供应本书所有VALRHONA朱古力产品供拍摄之用，特致万分谢意。

黄盈莹

写于某一个温暖冬天的晚上

There are not many coffee shops in Hong Kong. The major market was shared by two or three famous foreign chain stores. Compared with Taiwan, coffee shops in Hong Kong are relatively inferior. Coffee shops in Taiwan sell a great variety of beverages, e.g. mango mocha, waxberry green tea etc. and are not limited to coffee, tea and so on. A cup of coffee or smoothie served with a "slices" or "bars" is not only the most suitable matching but also a perfect food combination for enjoyment. It may drive people to leave their work temporarily, to drop from worry and to enjoy a short period of happiness. For desserts, I use the simple way of preparing, abandon the exaggerative way of decoration with cream. Whenever I am in bad mood, I will have a cup of hot chocolate, which always makes me feel solid and forget all vexation. I later discovered in some documents that chocolate could help to reduce stress, so you may try it when you come across such situation next time.

Here, I would like to thank the editor, Johnny, the photographer, Auntie Cecilia, Ms Fung Wah Ching and Ms Law Wan Sze for their assistance in completing this book smoothly. I would also like to express my special thanks to Maxly Food Company Ltd for their supply of all products of VALRHONA for photo shooting.

Stella Wong

Written in a warm winter night

目录 CONTENTS

咖啡事件簿

Diary of Café

- 002 · ① 咖啡馆给你什么样的感觉？
What Feeling Does a Coffee Shop Give to You?
- 004 · ② 如何选取优质咖啡？
How to Choose High Quality Coffee?
- 007 · ③ 为自己调一杯独特咖啡
Making a Cup of Unique Coffee
- 010 · ④ 给你的下午茶添上缤纷色彩
Add Colour to Your Afternoon Tea

做甜点的基本技巧

Basic Techniques

- 016 · ① 工具和材料
Tools and Ingredients
- 018 · ② 基本制作技巧
Basic Processing Techniques

订制您的Café甜点

Tailor-made your café desserts workshop



酥饼类 BARS AND SLICES

- 024 · 特浓朱古力糕
Deluxe Chocolate Fudge
- 026 · 朱古力可可米饼条
Chocolatey Crispy Rice Cereal Bars
- 028 · 朱古力意大利肠
Chocolate Salami
- 030 · 石板街朱古力饼
Rocky Road Slices
- 032 · 开心果脆饼碎朱古力糕
Crunchy Fudge
- 034 · 朱古力玛利饼条
No-bake Rich Chocolate Loaf
- 036 · 开心果烤饼
Biscotti
- 038 · 红莓干长饼条
Dried Raspberry Sticks
- 040 · 朱古力榛子糕
Chocolate Hazelnut Bars
- 042 · 朱古力杏仁糕
Chocolate Almond Slices
- 044 · 杏仁果酱条
Almond Topping Bars
- 046 · 蓝莓果酱燕麦糕
Blueberry Crumble Slices
- 048 · 苹果金宝糕
Apple Crumble Squares
- 050 · 燕麦方块
Chocolate Chip Flapjacks Squares
- 052 · 榛子燕麦条
Chewy Caramel and Muesli Bars
- 054 · 杂果仁蜂蜜燕麦糕
Oat, Seed & Nut Muesli Bars
- 056 · 无花果方块酥
Figs Squares
- 058 · 果酱酥饼
Apricot Slices
- 060 · 蓝莓芝士饼
Blueberry Cheese Cake
- 062 · 迷你苹果千层酥皮
Mini-apple Pastry
- 064 · 香蕉朱古力挞
Chocolate Banana Tarts
- 066 · 柠檬挞
Lemon Meringue Tarts
- 068 · 雪糕果冻酥皮
Ice-cream & Jelly Pastry



蛋糕类 CAKE

- 070 · 草莓朱古力四方蛋糕
Lamingtons
- 072 · 白朱古力夏威夷果仁蛋糕
Macadamia Blondies
- 074 · 咖啡朱古力蛋糕
Mocha Brownies
- 076 · 山核桃朱古力蛋糕
Pecans Brownies
- 078 · 核桃朱古力蛋糕
Walnut Brownies
- 080 · 黑白朱古力蛋糕
Black and White Chocolate Chip Brownies
- 082 · 葡萄干榛子朱古力蛋糕
Raisin & Hazelnut Brownies
- 084 · 云石蛋糕件
Marble Slices
- 086 · 香橙果酱芝麻蛋糕
Orange Niger Seed Cake
- 088 · 姜汁芝麻蛋糕
Ginger & Sesame Squares
- 090 · 蓝莓果酱牛油蛋糕
Blueberry Butter Cake
- 092 · 红豆蛋糕
Red Bean Cake
- 094 · 蜂蜜蛋糕
Honey Cake
- 096 · 蓝莓蛋糕
Blueberry Cake
- 098 · 黑白芝麻蛋白蛋糕
Black & White Sesame Squares
- 100 · 橙酒葡萄干蛋糕
Sultana Cake
- 102 · 肉桂蛋糕
Cinnamon Squares



饮品类 DRINKS

- 104 · 香蕉橙特饮
Orange & Banana Smoothie
- 105 · 杂莓特饮
Mix Berries Smoothie
- 106 · 水果冰红茶
Mix fruits Iced Tea
- 107 · 香橙青柠冻茶
Orange and Lime Iced Tea
- 108 · 奇异果雪糕苏打
Kiwi Ice-cream Soda
- 109 · 菠萝雪糕苏打
Pineapple Ice-cream Soda
- 110 · 玫瑰花洋甘菊花茶
Rose and Chamomile Tea
- 111 · 蓝莓花果茶
Blueberry and Mixed Fruit Tea
- 112 · 乌龙桂花果冻茶
Oolong Osmanthus Iced Tea
- 113 · 玫瑰花魔芋冻茶
Rose and Konjac Jelly Iced Tea
- 114 · 咖啡朱古力冻饮
Iced Mocha
- 115 · 冰咖啡
Iced Coffee
- 116 · 热香橙咖啡
Hot Orange Coffee
- 117 · 热泡沫咖啡
Cappuccino
- 118 · 香蕉朱古力雪糕特饮
Banana Chocolate Smoothie
- 119 · 香浓热棉花糖朱古力
Celaya Hot Chocolate
- 120 · 泡沫珍珠蜂蜜绿茶
Bubble Green Tea With Tapioca Pearl and Honey
- 121 · 珍珠奶茶
Tapioca Pearl Tea
- 122 · 薰衣草茶
Lavender Tea



NATURAL
COUNTRY

Café

甜点



咖啡馆给你什么样的感觉？

What Feeling Does a Coffee Shop Give to You?

每到Tea time的时候，香醇的咖啡味道，烤炉里的烘焙香气，随着微风悄悄飘送到街上，可能是受到午后和煦阳光的温柔抚摸，四周氛围显得写意悠闲，人们会不自觉地走进咖啡馆，享受一顿轻便小吃，饮用醇香的咖啡，就让这个下午消磨在咖啡、茶香和美味饼点上，为偷闲的时光谱出浪漫色彩。

Whenever tea time comes, the scent of coffee and the aroma of baked food from an oven, will fuse with the breeze and waft across the street. However, perhaps the genial stroke of sunlight in the afternoon, the atmosphere seems to be full of relaxation and leisure. People will then naturally walk in coffee shops to enjoy some light snacks and a cup of fragrance coffee. Let's spend an afternoon with coffee, tea and delicious confectionaries and to compose some romantic colour in this leisure time.

1. 咖啡馆是城市人第二个家

Coffee shop is another home of city people

法国作家巴尔扎克说：“我不在家，就在咖啡馆；我不在咖啡馆，就在往咖啡馆的路上。”咖啡馆是法国人每天必到的地方。这与星巴克的总裁Jim Donald于电视访问中谈及咖啡馆经营理念相若，他说：“星巴克是每位客人心目中的第二个家，所以许多顾客好像是家人。因此，咖啡馆的环境、气氛和室内设计会以一个舒适的家为蓝本，由上网设施、阅读书桌、阔大的沙发，让顾客舒适自在的阅读、闲谈和享受片刻宁静，不时会播送轻音乐，令紧绷的情绪得以放松。”

另一大型连锁咖啡店Pacific Coffee的经营理念也是一样，咖啡馆是城市人的第二个家，所以无论环境、气氛营造和摆设等，都仿照一个梦想的温馨家庭，有柔和灯光、美味食物和暖烘烘的感觉。不过，独立式经营的小型咖啡馆给予你不一样的感觉，每个角落充满店主的个人风格，有些会以温馨家庭式为主；有些会充满粗犷豪迈感觉；有些会充满艺术气色。总括而言，随着炽热的咖啡文化不断

扩散，各式各样的咖啡馆在世界角落滋生蔓延，给予许多城市人可供心灵暂时停驻的角落，得以喘息和避静，所以咖啡馆的魅力能让人暂时放下烦恼，独享片刻的欢愉，为疲惫不堪的身躯给予歇息的空间。

Honore de Balzac, a French poet, said, "When I am not at home, I will be in a caf when I am not in a caf I will be on the way to a caf " Caf is a place where French must go every day. The idea is similar to the talk made by Jim Donald, the CEO of Starbucks, on a TV programme one day on how to manage a caf He said, "Starbucks is the second home of each customer, so every customer is our family member. The environment of our caf the atmosphere and interior design will be made on the basis of a comfortable home. From internet services, reading tables, broad sofa, we provide customers with a comfortable and free place to read, chat and to enjoy a brief moment of peace. We will broadcast classic music to make you relax.

The management concept of another large scale caf chain, Pacific Coffee, is also the same. Caf is the second home of city people, so its environment, atmosphere and settings are modeled on a warm home. It has soft lightings, delicious food and warm feeling. But, small caf give you a completely different feeling. Every corner is filled with the unique style of the shop owner. Some are run in warm family type; some are full of rough and heroic feeling; and some are full of sense of art. In brief, the spreading of coffee culture will lead to the setting up of caf in every corner of the world which provide a resting corner for thousands of people, both physically and mentally. So the charming of a caf is that it may let people put away their worry and have a short period of joy. It also provides a resting space for our exhausted bodies.

2. 窝在咖啡馆里的好日子

Good days in a caf

一间好的咖啡馆，除了提供优质咖啡来抚慰对咖啡因渴求的人士外，它还可以给予时尚与人文气息兼具的阅读空间，莘莘学子爱在这里流连和闲聚；亦是上班族用来工作开会的临时办公室；亦是让城市人暂时逃离喧闹生活的中转站；亦可以变成聊天或说三道四的秘密基地……至于咖啡馆的店主则是他们的个人梦想，为了逃避工作不遂的状态，或

是为了宣泄怀才不遇的惨况，于是毅然花大量金钱为自己建造梦想咖啡馆，并让城市中的诸多闲人得以来此做白日梦或是作为舒缓工作压力的安乐窝。对于咖啡馆，我们会有太多情感、太多回忆、太多说不完的故事，不如享用一块小饼，饮用一杯花茶或咖啡，坐于咖啡馆的一角，开始听听别人说的故事，满足一下潜在性八卦因子呢！

Being a good caf besides providing high quality of coffee to satisfy the needs of customers on caffeine, it also provides room for reading, which is trendy and can fuse with the atmosphere of culture. Students love to wander and gather in a caf. A caf is therefore also a temporary office for the white collars to hold meeting; a place of transit for people to have a short period of escape from hubbub; it may also be a secret base for chatting etc. As for the owners of caf running caf is their own dream. Caf is a place of escaping from the failure of work or venting their tragic situation of not being appreciated in work. They therefore resolutely inject a great amount of capital to set up their own dream caf and let people with nothing to do to treat it as a snug den for daydreaming or to relieve work pressure. For caf we may have too many emotions, memories, and endless stories. Let's have a small cake and a cup of flower tea or coffee and take a seat at a corner of a caf to start listening to a story of someone else and enjoy the joy of gossip.



2 如何选取优质咖啡？

How to Choose High Quality Coffee?

咖啡豆生长地带遍布全球三大洲，不同地理环境、气候和加工处理程序会直接影响到咖啡的品质。因此，地理环境因素所产生的差异，是决定咖啡风味的关键。咖啡豆的产地不同，风味各异，主要分成拉丁美洲、非洲 / 阿拉伯、亚洲 / 太平洋咖啡豆等。

Coffee plantations abound throughout three continents of the world. Quality of beans is dependent not only on the coffee's growing regions and climate, but also on its method of process. So,

difference in geographical conditions is the key point of producing coffee of distinctive flavour. Coffee beans from different regions usually have distinctive flavour. They are mainly divided into Latin America, Africa/Arabia and Asia/Pacific.

1. 不同区域的咖啡豆，味道各异

Coffee beans from different areas will have different flavour

- 拉丁美洲的咖啡豆，主要产区为哥伦比亚和危地马拉的安提瓜岛，它含朱古力味道和恰当的酸度，因为酸度能中和咖啡的苦涩味道，让味道平衡，所以给人一股清爽感觉。

Coffee beans from Latin America are mainly produced in Narino of Columbia and Antigua of Guatemala. They have chocolate flavour and balanced PH. As acidity may neutralize the bitter flavour of coffee beans, so this kind of coffee bean has a balanced flavour which provides a fresh feeling to people.

- 非洲 / 阿拉伯的咖啡豆，主要产区为肯尼亚、埃塞俄比亚和阿拉伯等，它含有独特香气，如柠檬、西柚、花香和朱古力味，所以在味觉变化上层出不穷，加上含有果酸香气，故制品带有舒服的酸度，能散发高雅的气味，所以这区的咖啡豆显得特别稀有、珍贵和完美。

Coffee beans from Africa/Arabia are mainly produced in Kenya, Sidamo of Ethiopia and Sanani of Arabian. They have unique aromas such as lemon, grapefruit, floral aromas and chocolate flavour, so the flavour is complex. As they are having the fragrance of fruits, so products consist of appropriate acidity and distributing an elegant aroma. Coffee beans in this region are therefore rare, precious and perfect.

- 亚洲和太平洋的咖啡豆，味道复杂中带点优雅，浓度适中，口感幼滑，酸度低，含淡淡大自然香气，给人平实的感觉。

Coffee beans from Asia/Pacific are of complex and elegant flavour. They are of appropriate concentration, smooth mouthfeel and low acidity. They are having an earthy flavour which gives people a solid feeling.

2. 各具特色的咖啡豆

Coffee Beans

产区 Place of Origin	浓度/特点 Characteristics	味道 Flavour	质感 Texture	搭配食物 Matching Food
哥伦比亚拿里诺 Colombia Narino	适中 Moderate	含核桃香味 With walnut aroma	细滑 Smooth	硬壳果或焦糖类食品 Nuts or food with caramel
安提瓜 Antigua	完美, 丰富 Perfect, rich	带点精纯酸度 Of some acidity	细滑 Smooth	硬壳果、朱古力、焦 糖或苹果类食品 Nuts, Chocolate, food with caramel or apple
肯尼亚 Kenya	适中 / 复杂口感, 冷 热饮用皆宜 Moderate / complex mouthfeel, suitable for serving hot or cold	浓郁兼有水果般的酸 度, 含西柚和酒香 Rich with some acidity of fruits, has grapefruits and wine	粗中带点细滑 Rough with little bit smooth	水果类食品 Fruits
埃塞俄比亚斯 丹摩 Ethiopia Sidamo	适中 Moderate	轻柔的花香, 味道清新 With soft flowery fragrance of fresh flavour	粗中带点细滑 Rough with little bit smooth	柠檬或香草类食品 Lemon or food with herbs
阿拉伯圣那里 Arabian Sanani	醇厚 Mellow	具酒香、莓果和朱古力 味道 Of wine fragrance, berry- like and chocolate flavour	极细滑 Fine and smooth	朱古力、水果和香草 类食品 Chocolate, fruits and food with herbs
苏门答腊 Sumatra	醇厚 / 浑厚口感 Mellow/rich mouthfeel	拥有自然草本或淡淡辛 香味道 Possess of natural herbs or light spicy flavour	细滑 Smooth	肉桂、牛油、枫叶糖 或燕麦类食品 Cinnamon, butter, marble syrup or oatmeal
苏拉威西岛 Sulawesi	浓郁 / 复杂的味道 层次 Rich / complex flavour	拥有典雅气质和淡淡甜 味 Possess of classical quality and light sweet flavour	极细致细滑 Fine and smooth	芝士、牛油、焦糖和 苹果食品 Cheese, butter, food with caramel and apple

挑选了优质的咖啡豆后, 按它的特质选用恰当的加工处理方法, 如采摘后以水洗式、半水洗式、日晒或烘焙方法等不同方法, 经细心处理后的咖啡豆才能充分发挥它的特质。专业咖啡专家认为从选豆、制豆、烘焙到调制咖啡, 整个过程必须细心和认真, 才能得到完美效果。换句话说, 一杯完美的咖啡必须具备最佳香气、醇度和风味, 创造出丰富口感, 令人喝后有欢愉的感觉, 所以烘制咖啡的整个过程是一种充满艺术与科学精神的技术, 学问十分精深。

After selection of high quality coffee beans, a suitable method of processing has to be applied according to its distinguishing characteristic, e.g. wet process, semi dry process, and dry process or roasting in order to bring out its unique flavour. Professional coffee specialist believed that every step of coffee making, starting from picking, processing, roasting and brewing, must be attentive and careful in order to achieve a perfect result. That is to say, a cup of perfect coffee must have the best fragrances, mellowness and flavour, rich mouthfeel and makes one have the feeling of happiness after drinking. So, the entire processes of producing coffee are full of artistic and scientific skills and require an in-depth knowledge.



为自己调一杯独特咖啡

Making a Cup of Unique Coffee

在家弄一杯醇香咖啡是非常容易的，只要按照以下程序，你便可以得到美好结果。

It is very easy to make a cup of coffee at home, you only need to follow the following procedures and may then achieve the best result.

1. 预备

Preparation

调制咖啡前，先挑选适合自己口味的咖啡，然后按个别需要把咖啡豆研磨至适合的粗细度，以配合冲调器具。

Choose your favourite kind of coffee and grind the selected coffee beans to your preferred texture and place them in the appropriate coffee maker.

- **粗粒咖啡：**应用滤压式咖啡壶

Coarsest coffee: should use Fresh Press

- **中等粗度咖啡：**应用平底滴漏式咖啡壶

Midway: should use Coffee Brewer

- **细咖啡：**应用锥型过滤器

Fine: should use Moka Brewer

- **极细咖啡：**应用专业级特浓咖啡机

Finest: should use Espresso Machine

不使用刀刀式磨豆机必须边摇边磨，研磨后的咖啡粉才能变得均匀。如果咖啡在研磨过程中出现不均匀情况，会直接破坏咖啡的原味和香气。

咖啡专家建议
Professiona Advice

When using burr grinders, you have to shake it while grinding so as to “mill” the coffee to a reasonably consistent size which produces a more even extraction, otherwise the original flavour and aroma of coffee will be damaged.

2. 调制

Brewing

- 把优质水煮滚。
- 静止1~2分钟，使温度达到90℃~96℃。
- 每次按所需分量冲调，建议180毫升水配10克咖啡粉。
- 最佳饮用咖啡的温度为86℃。
- Bring water to the boil.
- Let stand for 1-2 minutes until temperature reduced to around 90℃-96℃.
- Make according to your preferred amount, and 180ml water mixed with 10g coffee ground is recommended.
- The best temperature for serving is 86℃. Ifws

1. 利用滤压式的咖啡壶，好处是不用把咖啡豆磨得太细，略粗的质感，加入90℃~96℃

咖啡专家建议
Professiona Advice

热水浸泡2~4分钟，再将不锈钢滤网压下，冲出来的咖啡味道更加细滑和香醇。

The advantage of using French press is that coffee beans are coarse grind. By adding water of 90℃ - 96℃ into the water, leaving to brew for 2-4 minutes, then depressing the plunger to separate the coffee at the bottom of the jug, coffee brewed in this way is smooth and captures more of the coffee's flavour.

2. 咖啡研磨度和分量搭配有一定标准，太细的咖啡粉只会释出苦涩味，所以无论咖啡和水分比例都会直接影响到咖啡品质。

There is a standard for the fineness of grounds and portion of coffee. If grounds are too fine, they will produce a bitter taste. So, ratio of grounds to water will directly affect the quality of coffee.

3. 咖啡不宜直接上火煮沸，否则制品会过于苦涩，破坏咖啡味道。

咖啡专家建议
Professiona Advice

Coffee should not be boiled directly with fire, otherwise it will be too bitter and the flavour of it will be damaged.

4. 咖啡置于咖啡机上保温不宜超过20分钟。

Brewed coffee should not be left in a coffee maker for more than 20 minutes.

5. 翻热的咖啡会失掉原有风味。

Re-heating coffee will make it losses its original flaovur.

6. 冲调后的咖啡残渣应弃去不用，因为残渣含大量苦味，香味已失。

Coffee debris should not be used after serving as it is bitter and losses its aroma.

3. 贮藏

Storage

湿度和温度会直接影响到咖啡的品质，所以咖啡必须放在干燥和低温地方贮藏，确保不会变质。

Humidity and temperature will directly affectthe quality of coffee. So, coffee must store in dry and low temperature rooms in order to preserve its quality.

1. 估计2星期内可饮用完的咖啡分量，应置放在密封容器内，摆放在阴暗处。

咖啡专家建议
Professiona Advice

For coffee that estimated to be finished within 2 weeks should be stored in a sealed container and placed in a cool area.

2. 暂时不会饮用的咖啡豆应放在冰箱中贮藏。

Coffee beans that will not be consumed in a short period of time should be kept in a freezer.

3. 解冻后的咖啡豆，应尽快饮用，因为解冻过程中，咖啡豆会吸入水分，让它们丧失风味。

Coffee beans that have been defrosted should be finished as far as possible as the beans will absorb moisture during the process of defrosting and then loss its distinctive flavour.

4. 咖啡储存期限：咖啡原豆（未经处理）可贮放1年；经烘焙的咖啡豆的贮存约7-14天，如果咖啡豆经研磨后，只可贮放4~5天。

Period of Storage: Whole bean (fresh) may be stored for 1 year; while roasted bean may be stored for 7-14 days. For grind one, it can only be stored for 4-5 days.



给你的下午茶添上缤纷色彩

Add Colour to Your Afternoon Tea

1. 如何选用咖啡杯来突显味道？

How to choose coffee cup to highlight the flavour?

享受一杯好咖啡，除了懂得调制咖啡外，还要花点心思挑选一个漂亮杯子来喝这杯独一无二的香浓咖啡，这是品尝咖啡的乐趣，也可以增添饮用咖啡时的浪漫气氛。咖啡的品质和温度会直接影响到咖啡的风味，为了保持原味和新鲜程度，必须从杯子厚度和素材着手。现在给你一点小小建议：

To enjoy a cup of fine coffee, besides knowing how to make it, one should also need to make some thoughts on picking a beautiful cup to bring out the unique flavour of the cup of coffee which make enjoying coffee joyful and may add romance to the atmosphere. Quality of coffee and temperature of water will directly affect the flavour of coffee. In order to preserve the distinctive flavour and freshness of coffee, one must be attentive to the thickness and materials of a coffee cup that being used. Here are some recommendations:

· 厚身质料的杯子可保持咖啡温度，最佳品尝咖啡的温度是86℃，必须估计厨房与桌子距离，作时间对照的参考，然后才按距离选杯子。

Thick coffee cup may preserve temperature of coffee. The best serving temperature of coffee is 86℃, so one must estimate the distance between the kitchen and the table and then using this as a time reference to choose an appropriate cup.

