



cupping directions

Setup: 7.25 grams fresh ground coffee in 5 oz 195-200 degree 'crystal fresh' water. Steep for 3 minutes. Break the 'crust' using a spoon, and scoop out the grounds.

Inhale the fragrance/aroma with strong inhales, 'snorts'. Taste the coffee by quickly 'slurping' a small amount of coffee in your mouth to 'aerate' it. Roll across all of your tongue, note the effects, and exhale through your nose after swallowing to rate 'nose'.

Rate each attribute on a scale of 1-10. The higher the score, the higher the quality and the better your perception of the cup.

Info: Note the bean/blend, and any defining attributes of each coffee.

Objective:

Fragrance: The odors given off after grinding but before water. This is the effect of 'gassing off' occurring by the escape of carbon dioxide carrying aromatic compounds. The stronger (pleasing) the odors, the fresher the coffee.

Aroma: The odors given off after the water, and during the 'brew period'. Similar to fragrance, the aromatic compounds differ slightly as the water penetrates the grounds.

Acidity: The relative measure of a pleasant attribute caused by the acids in the coffee combining with the sugars. A range from 'bright -snappy-sharp' (high score) to 'dark, earthy, musty' (low score).

Body: Often considered the opposite of 'acidity', though meant more to measure the concentration of oils and solids. After the swallow, rub your tongue on the roof of your mouth feeling for 'slickness'. The better the 'mouthfeel' the higher the score.

Aftertaste: The 'lingering' flavor/aroma of the coffee. The longer the flavor/aroma remain with you, the higher the score.

Subjective:

Flavor: Your perception of the taste qualities of the coffee. The higher the score, the better the 'flavor'.

Nose: The effect of exhaling through the nose after swallow. The better these sensations/aromas, the higher the score.

Bitter/Sweet: Often, coffee will take on a scale of these sensations, and they will appear independently of body/acidity. The higher the score, the sweeter the coffee.

Roast Quality: This applies not necessarily to the 'color' of the roast, but to the 'flavor effects' of the roast. A low score would have 'burnt -charcoal-scorched' flavors, a high score would have a 'clean' taste.

Overall: A coffee could have scored high in all areas, yet you don't 'like' the flavor. This is your assessment of the 'overall quality' of the coffee.

Add each of these scores for a combined possible total of 100 points.