

# CUPPING

## GUIDE



1

Boil the kettle



2

Put 12 g of coffee beans into the cupping bowl, mark the bowls starting with one and grind the coffee to a very coarse consistency.



3

Spend some times smelling the grinds, get that snoozer in the bowl.



4

Has Bean cupping bowls are 200ml, fill the bowls to the rim starting at 1. Go back and top up any that don't look filled to the rim.



5

Wait 4 minutes, while you wait have another sniff of the wet grounds, another good chance to see what the coffee might be delivering to those taste buds.



6

Start at bowl one and get the back of the spoon and break the crust that's formed on the top. The gust of aromatics that are released are amazing, and should not be missed. As the spoon goes in, stir three times. Between each cup use a bowl of water to wash off the spoon



7

Once the last crust is broken, go back to one and scoop off the grounds with two spoons in a crab pincer movement and dispose of the grinds on top. Again cleaning the spoon after each bowl in a bowl of water.



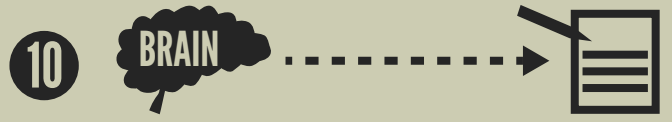
8

Clear away all the tools you have been using replace the bowl of clean water as it will be dirty by now.



9

Place some coffee on the spoon and slurp making sure you aerate the liquid so it covers the tongue.



10

Think about what flavours you taste, no flavour is too ridiculous if you perceive it then its in the coffee. Write these down. Look for highlights like sweetness, acidity, body, how it feels in the mouth, flavours and how they hold together is it balanced. You can use a cupping sheet, but don't get hung up on it, the most important part is what you taste.



11

Keep going back to the cups keep assessing them until its luke warm, the coffee will change over time. Keep writing down those descriptors. You can also adjust your scores if a coffee doesn't hold together it should be punished, but if it continues to get better then that should be reflected.

