



## How to make coffee

*Lani Kingston*

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160 pages

Revue de presse

This highly stimulating book lays out all the scientific principles for coffee-loving non-scientists.

--The Bookseller

The book is like a coat pocket-sized encyclopaedia, and having now become an enthusiastic conscript into the legions of coffee bores, I find it hard to put it down. The upside, though, is I have learnt such things as this: it was possible for a 15th-century Turkish woman to divorce her husband if he did not provide her with sufficient coffee. --The Independent Présentation de l'éditeur

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. Biographie de l'auteur

Lani Kingston is a culinary journalist, a researcher, and a trained chef from Melbourne, Australia - one of the world's leading coffee-culture cities. She travels the world, researching food and drink culture, methods and ingredients, and has consumed and studied more types of coffee than she can count in locations ranging from Mexico to Malaysia.

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