

ComeTacts

YMCA Experience Path

## **Every good thing comes out of the bean!**

**Coffee or chocolate – we cannot imagine our life without semi-luxury food.**

Kenia coffee and cacao especially are very much demanded in the world market these days, due to their high quality. Long time it was considered inappropriate to enjoy cacao beans because they were said to have an erotisizing effect.

Today we know that chocolate makes happy – if enjoyed with measure.

**Are you an expert for chocolate, or do you want to learn more about cacao and chocolate? Then our chocolate quiz is just the right thing for you!**

**How exactly does our coffee become what it is?** After being ridded from the pulp the beans they have to ferment, be dried and polished. Then the raw coffee is roasted and ground and can be brewed. For this purpose still in the beginning of the 20<sup>th</sup> century a coffee roaster was used, which had to be placed onto the open fire. However, most of the time there were no coffee beans in it, for that was far too expensive, but fake coffee made from malt and chicory.

**Now you may go back to the roots and roast your own coffee or malt:**

1. Take a spoonful of raw coffee or malt and put it into a pot.
2. Put the pot onto the fire and turn the coffee beans or the malt grains continually.
3. When the beans or the grains become dark brown and start smelling in the typical way, they are roasted enough.
4. Now you only have to grind them, put them into a cup and pour hot water on top:  
Your coffee is ready – enjoy it!

**Have fun**