

Coffee in a Multitude of Ways

By ADELE HERBST

AN ancient manuscript of the fifteenth century states that the use of coffee for drinking was known and practiced from time immemorial.

There is a delightful legend ascribing the discovery of its beneficent properties to a flock of sheep wandering in the mountains who browsed on the bright leaves of the coffee plant and immediately became elated and sleepless at night. Observing their exhilarations the shepherds tried the leaves, too.

In the prolonged religious services of the Mohammedans which lasted several nights and days, coffee was used as a sort of devotional anti-soporific to keep the worshippers awake and keyed to the correct pitch.

It has come to America as a universal beverage which serves as a mild stimulant for the adult and forms a valuable adjunct. It should never be included in the dietary of a child or dyspeptic.

Making good coffee is an art. The American homemakers methods are varied and not always assuredly successful. The American coffee roasters felt there must be a uniform way to make better coffee. They consulted the scientists of the country upon this subject. An investigation was carried on under the directions of Professor Prescott at the Massachusetts Institute of Technology. Every known way of making coffee was tried out and the best method was ascertained. Safeguards were taken against prejudice and bias.

No doubt millions of women are making coffee by percolation and by boiling which has been satisfactory to them. The experimenters neither discourage nor condemn these methods but do suggest a better method, a way in which the most of the flavor and aroma of the coffee can be secured.

Their result decided upon for better coffee making is as follows: Buying is as important as the making, therefore they suggest buying coffee in the bean, because

- a. Coffee in the bean loses its carbon dioxide and its freshness much less rapidly on standing than ground coffee and here the carbon dioxide is absolutely harmless and enables the coffee to be preserved for a longer period of time.
- b. A good fresh quality of coffee whether bulk, package or can contains the greatest amount of carbon dioxide which retains the flavor and aroma longer and keeps the coffee at its best.

Correct handling of coffee before consumption preserves the aroma, flavor and freshness of the coffee, therefore it must be kept in a dry cool place and if the whole bean is purchased grind it only in the quantity needed at the time of making.

The newer and better way of making coffee does not recommend boiling. The most delicious results are obtained by using freshly roasted coffee, freshly ground, over which water of a temperature just below boiling point is dripped for not more than two minutes.

The specific directions to be followed to obtain the most desirable results are:

1. See that the coffee is not ground

Do you know how to make coffee that tastes "just the way it should"? Here is a new method that perhaps you have never tried. Here, also, are suggestions of appetizing ways of using left-over coffee. Try some of them. They're different, but you will like them.

too coarsely as a finely ground coffee yields a richer flavor than one coarsely ground because of the more rapid and complete solution of the flavor-giving substances.

2. Allow at least a tablespoon of ground coffee to a cup of water, the exact amount depending on the strength of the coffee used and the individual taste.
3. Be sure the water is at the boiling point and pour over the freshly ground coffee. (Many types of coffee pots are provided with special perforated containers for the freshly ground coffee and the water can drip slowly through the coffee.) By pouring at boiling point the water in contact with coffee falls to just the temperature needed to extract the greatest amount of flavor and aroma.
4. The dripping should not last any longer than two minutes.
5. Serve at once for if allowed to stand some of the aroma and flavor will be lost.
6. Do not use the ground coffee a second time as coffee once used has given all its aroma and flavor to the beverage and there is no value left in the grounds.

Often the homemaker has left over coffee. What does she do with it? There are many delicious dishes in which this coffee may be used.

Any simple cake can be made into a Coffee Cake by using coffee as the liquid. Here is a recipe from the Boston Cooking School Cook Book:

COFFEE FRUIT CAKE

- 1 cup butter.
- 2 cups sugar
- 4 eggs
- 2 tablespoons molasses
- 1 cup cold coffee
- 3 3-4 cups flour
- 5 teaspoons baking powder
- 1 teaspoon cinnamon
- 1-2 teaspoon clove
- 1-2 teaspoon mace
- 1-2 teaspoon allspice
- 3-4 cup raisins (seeded)
- 3-4 cup currants
- 1-4 cup citron, thinly sliced and cut in strips
- 2 tablespoons brandy

Follow directions for making butter cake mixtures. Bake in deep cake pans.

Cookies and gingerbreads are delicious when coffee is used. The following recipes are taken from "Everybody's Cook Book" by Isabel Ely-Lord.

COFFEE COOKIES

- 7-8 cup shortening
- 2 cups sugar
- 2 eggs beaten
- 1 teaspoon salt
- 5 cups flour
- 1 cup strong coffee
- 2 tablespoons baking powder
- 1 teaspoon flavoring

COFFEE GINGERBREAD

- 1 cup molasses
 - 1 teaspoon soda
 - 1 teaspoon ginger
 - 1-2 cup melted shortening
 - 1-2 cup salt
 - 1 cup strong coffee
 - 2 3-4 cups flour
- Put all liquid ingredients in mixing bowl, including eggs but not melted shortening and beat 2 minutes. Sift in all dry ingredients and beat 2 minutes. Add melted shortening or cream, beat 1 minute. Bake in moderate oven 26 to 30 minutes. Maple frosting is excellent over it. CUSTARD, which may be used as filling in cake or as custard dessert, is good flavored with coffee.
- 4 or 5 eggs slightly beaten
 - 1-2 cup sugar
 - 1-4 cup salt
 - 2 cups scalding milk
 - 2 cups strong coffee
 - 1 teaspoon flavoring
- Mix well slightly beaten eggs, sugar and salt. Pour over this scalding coffee. Any vanilla ice cream could be flavored with coffee by substituting 1-2 cup of coffee for 1-2 cup of milk.

COFFEE ICE CREAM

- 1 quart cream
 - 1 1-2 cups milk
 - 1-3 cup Mocha coffee
 - 1 1-4 cups coffee
 - 1-4 teaspoon salt
 - 4 eggs yolks
- Scald milk with coffee, add one cup sugar; mix egg yolks slightly beaten with one fourth cup sugar, and salt; combine mixture, cook over hot water until thickened, add one cup cream, and let stand on back of range twenty-five minutes; cool, add remaining cream, and strain through double cheesecloth; freeze. Coffee ice cream may be served with Maraschino cherries or in halves of cantaloupe.

Fruit punch will be remembered if made with coffee.

FRUIT PUNCH (make two quarts)

- 1 cup vrey strong black coffee
- 1 cup sugar
- 1-2 cup strained fruit preserves (strawberry or raspberry)
- 6 tablespoons lemon juice
- 1 1-2 cups orange juice
- 2 teaspoons grated orange rind
- 1-2 cup pineapple juice
- 1 quart charged water

Mix coffee and sugar. Mix fruit juices, let stand at least 30 minutes. Strain mixture, add to coffee, add charged water. (Charged water may be omitted if not convenient.)

Thin mince meat for fries with coffee and the flavor will be improved.

The above recipes are a few suggestions which will doubtless bring others to mind, and which will mean using the left over coffee.