



A PASSION FOR A GREAT CUP OF COFFEE

CAPPUCCINO AT HOME

By Kelly Jameson

Although no one knows for sure, it is said the name cappuccino derives from the robes and cowl worn by the Italian Capuchino monks. Whether or not the monks were the originators of this exquisite hot beverage, it is true that a properly prepared cup of cappuccino leaves a brown ring around the edge of the coffee cup, much like the brown ring of the monk's cowl.

Enjoying a good cup of coffee is becoming an easier quest here in the desert Southwest, as more gourmet coffee shops pop up around town, and more roasters offer rich, quality beans that yield the best brew. But if you're on a tight budget, sometimes satisfying your caffeine craving means forgoing lunch. The average cup of cappuccino can cost up to \$4.00, which begs the question: What in the world is so great about a four-dollar cup of coffee?

Nothing. Especially since you can get the same great taste at home. Start with "fake" espresso, for which you'll need 1 cup of dark-roasted beans, a filter, your standard coffee maker and 2 cups of water.

Grind the beans in a grinder to a medium-fine grind. Put the filter in your coffeemaker and the water in the reservoir and brew. When it's done, pour some of the brewed coffee back into the filter basket (NOT the reservoir!) to make sure all the ground coffee was saturated. You can refrigerate this brew for a few days, using a tablespoon or so per beverage.

For cappuccino, start with a small warm cup. Begin steaming your milk with a frother. You can get a good one online for about \$20. Build up lots of foam, and (unless you've already gone through the process above) start brewing your espresso before the milk is too hot.





Immediately pour the milk into the cup. Right after steaming, the milk is a homogenous concoction of light froth, and pouring it immediately means you'll get a wonderful, even head of foam on top as the heavier milk settles to the bottom. Some baristas will argue the best foam starts with a cold pitcher of skim milk, while others say the higher the fat content, the lower the temperature at which you can heat the milk. Whatever the case, remember you can't steam half and half to the same temperature to which you can skim milk. If you overheat it, the fat in the half and half will melt and cause the foam to flatten out.

For a festive treat, top with chocolate powder and an orange peel. To add zest, add nutmeg, cinnamon and sugar.



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