

**Subject:**  
**Coffee Cupping Process**

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Cupping is used to help debate, contrast and compare coffees.

## The Equipment

- Cupping Table
- Sample Roaster
- Digital Balance
- Digital timer
- Colour discs
- Cupping Form
- Grinder
- Hot Water (195-205oF)
- Silver cupping spoon
- Cupping glasses
- Clipboard and Pencil
- Quiet, well lit area.

## Know Your Cupping Terminology

It is all about smelling, swilling, and savouring to judge taste, texture, aroma and origin.

Understanding what these terms mean, along with the repeated practice, will help you become a competent cupper.

Term	Description Notes
<b>Fragrance</b>	Aromatic aspects of dry ground coffee
<b>Aroma</b>	Aromatic aspects of ground coffee when infused with hot water. After you break the crust.
<b>Acidity</b>	Immediately experienced and evaluated when the coffee is first slurped. How it complements the whole cup. "Brightness" when favourable or "sour" when unfavourable. At its best, acidity contributes to a coffee's liveliness, sweetness, and fresh- fruit character. Is it "overly" intense or dominating may be unpleasant, Coffees without acidity tend to taste flat and dull, like flat soda.
<b>Mouth feel</b>	The mouth feel or heaviness perceived on the surface of the tongue. How it coats the palate. How it balances. Is it thin like tea or thick like milk?
<b>Flavour</b>	Defined as taste and aroma, mid-tones of coffee Are they pleasant and/or directly identifiable.
<b>Sweetness</b>	Subtle pleasant sweetness in coffee. Sweetness refers to a pleasing fullness of flavour as well as any obvious sweetness. The opposite of sweetness in this context is sour, astringency or "green" flavours.
<b>Clean Cup</b>	Transparency in the cup, should be free of off-flavours and defects. In evaluating this attribute, notice the total flavour experience from the time of the initial ingestion to final swallowing or expectoration. Any non-coffee like tastes or aromas will disqualify an individual cup. 2 points are awarded for each cup displaying the attribute of Clean Cup.
<b>Balance</b>	Overall rating of coffee, no one parameter should dominate. How all the various aspects of Flavour, Aftertaste, Acidity and Body of the sample work together and complement or contrast to each other is Balance. If the sample is lacking in certain aroma or taste attributes or if some attributes are overpowering, the Balance score would be reduced.
<b>Aftertaste</b>	Duration of flavour attributes Aftertaste is defined as the length of positive flavour (taste and aroma) qualities emanating from the back of the palate and remaining after the coffee is swallowed. A lingering, pleasant, non-bitter and non-sour aftertaste If the aftertaste were short or unpleasant, a lower score would be given.
<b>Overall</b>	Your overall rating of this coffee. This is subjective

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## Roasting the Coffee

- o Light to medium roast (Agron value between 55-65) to keep flavour notes and highlight defects.
- o The roast should be completed in no less than 8 minutes and no more than 12 minutes.
- o Freshly roasted (no more than 24-48 hours in age)
- o Uniform colour, no scorching or tipping should not be apparent.
- o Samples of both green and roasted coffee for visual inspection.

## Preparing the Infusion

- o Rest coffee overnight in a clean area.
- o Standard brew formula of 8.25g per 150mL of water (adjust to needs)
- o Generally five cups per sample to ensure uniform representation of the coffee sample.
- o Sample should be ground no more than 15 minutes before infusion with water.
- o Samples should be weighed out as WHOLE BEANS.
- o Coarse grind (paper filter drip brewing) and covered with a small sheet of paper

## Pouring

- o Water used for cupping should be clean and odour free, but not distilled or softened.
- o The water should be freshly drawn and brought to approximately 93°C at the time it is poured onto the ground coffee.
- o The hot water should be poured directly onto the measured grounds to the rim of the cup, making sure to wet all of the grounds.
- o The grounds to steep undisturbed for a period of 3-5 minutes before evaluation.

## The Cupping Form

- o Keep this process as simple as possible.
- o Scoring – a score of 5 to 10 applicable for each (5 assumes it is still “specialty coffee” quality, but the lowest of the low.
- o Filling out the form-
  - General information: the cupper fills the top of the page with his name.
  - Variety - the Cupper writes the variety.
  - Roast Colour: the cupper may view a tray, provided showing all the ground coffee samples to be cupped in the session, to observe the uniformity of roasts.
  - First taste the dry grounds, then the crust that forms after water is poured on the coffee, and lastly when the cupper breaks the crust and smells the vapours that are released.
  - The cupper rates each by drawing a line through the ladder structure and and notes the intensity.
  - Totalling: once all criteria have been scored the scores are tallied.