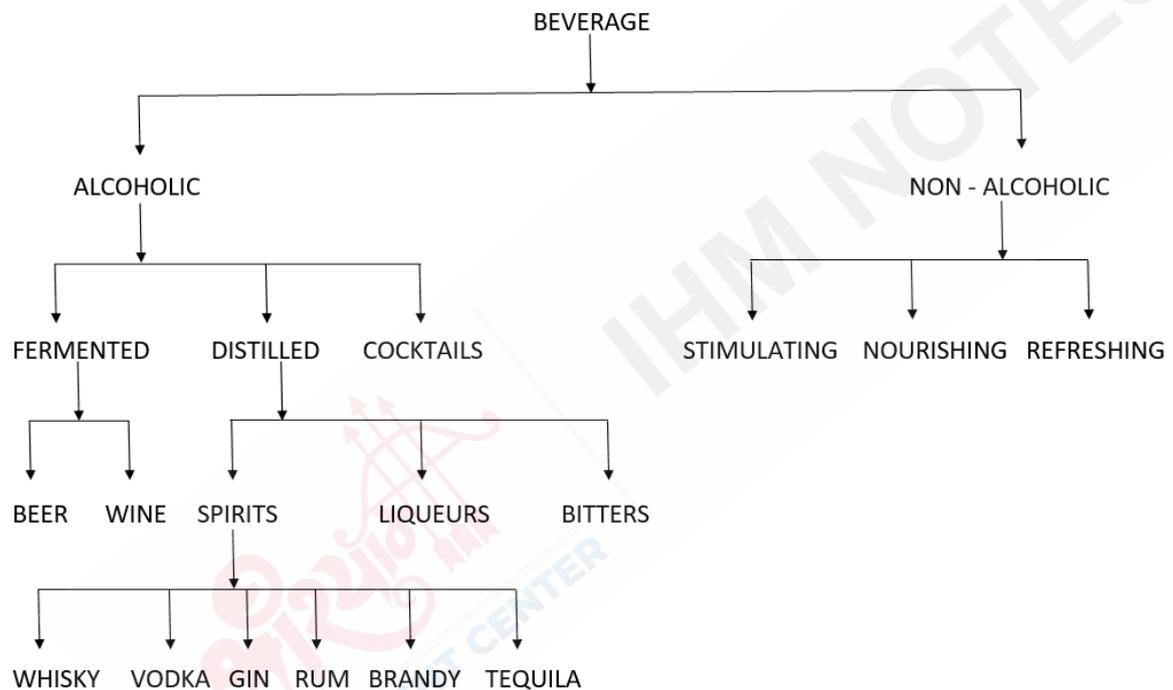


NON ALCOHOLIC BEVERAGES

Derived from the word “Bever” which means a light repast between meals or from the French word “Boire” which means something to drink.

Alcoholic beverage is a portable liquid which contains 0.5% to 75.5% of ethyl alcohol by volume.

Non- alcoholic beverage is a potable liquid which has either no ethyl alcohol in it or the alcohol percentage is less than 0.5% by volume.



POPULAR NON- ALCOHOLIC BEVERAGES INCLUDE:

- Hot Drinks- tea and coffee are the two most popular drinks in India. Teas being the national drink and coffee the second most popular drink in India, more so in South India.
- Cold Drinks-Lassi is the most popular drink in India. It can be served sweet or salted with lots of ice and is very refreshing during summer. Iced tea and cold coffee are also gaining popularity in India. Nimbupani is also very popular and can be served sweet or salted and at times water is replaced with carbonated water (fresh lime soda- sweet or salted). Jeerapani or

jaljeera is another favourite among the Indians which is a remarkable digestive.

- Juices- Juices are the liquid extract of fruits and vegetables, served either fresh or canned.
- Soft drinks- This includes the vast no. of carbonated drinks or aerated drinks available in the market. Example being colas, lemonades, orangeades etc. Hotel bars are also stacked with squashes (sweetened or unsweetened fruit base concentrate) of different flavours which also fall under this category.

*(Syrup- is a sweet, thick, flavoured liquid with great deal of sugar in it. Syrups are used to flavour hot and cold drinks)

CLASSIFICATION OF NON-ALCOHOLIC BEVERAGE

- Stimulating drink/beverage- these are consumed to stimulate our mental and physical activities. Ex. Tea and coffee
- Refreshing drink/beverage- These are drinks which are taken to make up for the fluid loss (due to perspiration) of our body. Ex. Nimbupani, water, syrups, soft drinks, tonic water etc.
- Nourishing drink/ beverage- Beverage consumed to provide nutrients to the body. Ex. Milk based products like milk shake, chocolate drinks, juices etc.

TEA

HISTORY

Tea was discovered by accident over 5000 years when leaves from a tea bush accidentally dropped into some boiling water and delicately flavoured the drink. Tea was originally drunk for its medicinal benefits and it was not until the 1700's that it began to be consumed as the delicious beverage that we know today.

What is tea?

Tea is prepared from the leaf bud and top leaves of a tropical evergreen bush called Camellia Sinesis. It produces what is regarded as a healthy beverage containing approximately only half the caffeine of coffee and at the same time it aids muscle relaxation and stimulates the central nervous system.

PRODUCING COUNTRIES

Tea is grown in more than 25 countries around the world. The crop benefits from acidic soil and warm climate and where there is at least

130cm of rain a year. It is an annual crop and its flavour, quality and character is affected by the location, altitude, type of soil and the climate.

The main tea producing countries are-

- India- largest producer
- China
- Sri Lanka
- East Africa(Kenya, Zimbabwe, Tanzania)
- Indonesia

PURCHASING OF TEA

Depending on the type of function, clientele, method of service, type of establishment, storage facilities and cost, tea may be purchased in a variety of ways-

- Bulk
- Tea bags
- String and tag
- Envelopes
- Instant

BLEND

The word blend indicates that a named tea in the market is up for sale may be composed for a variety of tea to produce one marketable product acceptable to the average consumer's palate, for ex. a standard tea may be a blend of Indian Tea for strength, African tea for colour and Chinese tea for flavour and delicacy.

STORAGE

Tea should be stored in the following manner

1. In a dry, cleaned and covered container
2. In a well-ventilated area
3. Away from excess moisture
4. Must not be kept near any strong smelling food as tea absorbs odour very quickly

MAKING OF TEA

Tea is an infusion and thus maximum flavour is required from the brew. Few rules to be followed are-

1. Ensure all equipments used are clean

2. Heat the tea pot before putting in the dry tea so that the maximum heat can be obtained from the brew
3. Measure the dry tea and freshly drawn cold water exactly
4. Use freshly boiled water
5. Make sure that the water is boiling on entering the pot
6. Allow it to brew for 3-4 minutes, to obtain maximum strength from the brew
7. Remove the tea leaves at the end of this period if making if making in multi pot insulated urns

DIFFERENT TYPES OF TEA AND THEIR STYLE OF SERVICE

1. Indian or Ceylon blend- may be made in either china or metal tea pots. Usually both are offered with milk. Sugar would be offered separately.
2. China- this is made from a special blend of tea which is more delicate in flavour and perfume than any other tea, but lacks body. Less dry tea is required than for making Indian or Ceylon tea. It is made in the normal way and is best made in china tea pot. Addition of slice of lemon improves flavour. Generally china tea should not be served with milk but sugar may be offered.
3. Russian or lemon blend- This may be brewed from a similar blend to china tea, but more often it is made from Indian or Ceylon tea. It is made in normal way and served with a slice of lemon.
4. Iced Tea- Make a strong tea and chill it well. This tea may be strained and stored chill till required.
5. Multi Pots- In occasion like reception, tea breaks etc tea is made well in advance.

SPECIALITY TEA

1. Assam Tea- it is rich and has full malty flavour. Suitable for service at breakfast and is served with milk
2. Darjeeling Tea- a delicate tea with grape flavour and known as the 'Champagne of teas'. Usually served as an afternoon or evening tea with either lemon or little milk if preferred.
3. Earl grey Tea- a blend of Darjeeling and china tea, flavoured with oil of bergamot. Usually served with lemon or milk.
4. Jasmine- A green tea which is dried with jasmine. It blossoms and produces a tea which has a scented flavour.
5. Kenya tea- this tea is referred to as "refreshing tea". It is served with milk.
6. Lapsangsauchang- It is smoky, pungent, perfumed tea. It is delicate to the palate and is said to have acquired taste and is served with lemon.

7. Tisanes- It is a fruit flavoured tea and has herbal infusions. It is used for medicinal purposes and is gaining popularity since the trend is towards healthy eating and drinking. Often these do not contain caffeine.
8. Sri Lanka makes a pale golden tea with good flavour. Ceylon blend is still used as a trade name, served with lemon and milk.
9. CTC- Machinery processed tea, usually from Assam, Sri Lanka and parts of Africa and South America.

The processing has three stages (crush, tear, curl or cut, tear, curl), hence the name "CTC" tea. The resultant product looks like small pellets of (usually black) tea. It produces a very strongly flavored, quickly infusing tea that is often used in teabags.



IHM NOTES

COFFEE

It is naturally grown in many countries of the tropical and sub-tropical belt in South and Central America and Asia. It grows in different altitude in different climate and in different soil and is looked upon as an international drink consumed throughout the world.

Brazil is the largest producer of coffee in the world, Columbia is second, The Ivory Coast third and Indonesia fourth.

History of coffee

There is evidence to suggest that coffee trees were cultivated about 1000 years ago in Yemen. The first commercial cultivation of coffee is thought to have been Yemen district of Arabia in the 15th century. The first coffee house was opened in England in Oxford in 1650.

Coffee plant

The coffee trees are the genus *Coffea* which belongs to the Rubiaceae family. The coffee plant is an evergreen plant or a bush which is grown commercially in tropical climate throughout the world. It requires not only a hot climate but also a high rainfall, a rich soil and a relatively high altitude. The coffee plant is unable to survive wide variation of temperature or any other condition.

Commercially used three types of coffee plants are:

1. *Coffea Arabica*
2. *Coffea Canephora*
3. *Coffea Liberica*

THE GRIND

Roasted coffee must be ground before it can be used to make the brew. Coffee is grounded to different grades of fineness which suit the many different methods of brewing. The most suitable grinds for some common methods of brewing coffee are-

Method

- Filter
- Jug
- Turkish
- Cafeteria
- Vacuum Infusion
- Espresso
- Percolation

Grounding Grade

fine to medium
Coarse
pulverized
Medium
Medium fine to fine
Very fine
Medium

INSTANT COFFEE- It is a beverage derived from brewed coffee beans. Through various manufacturing processes the coffee is dehydrated into the form of powder or granules. These can be rehydrated with hot water or milk along with cream and sugar.

FILTER COFFEE- Drip brew, or filter coffee, is a method for brewing coffee which involves pouring water over roasted, ground coffee beans contained in a filter. Water seeps through the coffee, absorbing its oils and essences, solely under gravity, and then passes through the bottom of the filter. The used coffee grounds are retained in the filter with the liquid falling (dripping) into a collecting vessel such as a carafe or pot. Ex. Indian filter coffee

DECAFFEINATED COFFEE/ DECAF- Coffee contain caffeine which is a stimulant. Decaffeinated coffee is made from beans after the caffeine has been extracted and contains about 1-2% of caffeine.

ESPRESSO-It is a concentrated coffee beverage brewed by forcing hot water under pressure through finely ground coffee. Served without milk.

CAFÉ AU LAIT-This is the simple milk coffee where brewed coffee is added is added to milk in the ratio of 1:1 making it much less intense in taste

CAPPUCCINO-Usually equal parts espresso, steamed milk, and frothed milk, often with cinnamon or flaked chocolate sprinkled on top

CAFÉ LATTE- Essentially, a single shot of espresso in steamed (not frothed) milk. The ratio of milk to coffee should be about 3:1

TURKISH COFFEE- is coffee prepared by boiling finely powdered roast coffee beans in a pot, possibly with sugar, and serving it into a cup, where the dregs settle. The name describes the method of preparation, not the raw material; there is no special Turkish variety of the coffee bean.

IRISH COFFEE- is a cocktail consisting of hot coffee, Irish whiskey, and sugar, stirred, and topped with thick cream. The coffee is drunk through the cream.

Non-alcoholic bar beverages

The drinks covered in this section are „non-alcoholic“ and contain no alcohol. These drinks are also often referred to as „soft drinks“ with alcoholic drinks sometimes being referred to as „hard“ drinks. Non-alcoholic dispense bar beverages may be classified into five main groups:

- aerated waters
- natural spring/mineral waters
- squashes
- juices
- syrups.



IHM NOTES