

# Setting up the cupping



## What you need

To setup your cupping you will need:

- 9 identical vessels. We recommend small glass tumblers that take a minimum of 150g and a maximum of 250g water. We will call these vessels the cupping glasses.
- Another 2 vessels (can be the same size is not important). We will call these the rinsing glasses.
- Optional but not necessary 3 saucers that or similar that are plain in colour. These are for inspecting the coffee beans.
- At least two small soup spoons, or cupping spoons if you can get them (note to Phaedon, you can buy these in boxes from Koldserve may be an added bonus to include in the pack). These we will refer to as the cupping spoon.
- At least 3 pieces of paper (can be scrap). (There is a sample layout sheet online).
- A kettle and optionally a vacuum pot.
- A score sheet (We will provide).
- A scale that is at least accurate to a gram, mg is best.
- A grinder (that you can easily add coffee to and has little waste) - set to filter grind.
- A timer of some sort (can use your phone).
- If possible a temperature gauge.
- A pen / pencil - if you can get 3 colours then you can record each cup separately as an option.

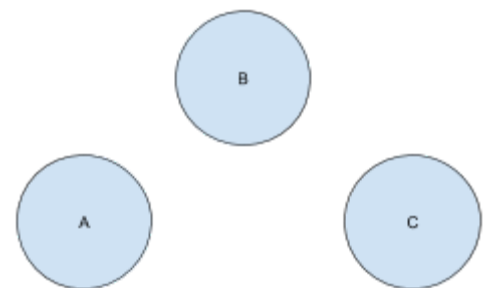
## Setup

### Cupping Layout Sheet

With the 3 sheets of paper:

- On the top of each sheet of write the name of one of the coffees. Even if you just write Coffee A, Coffee B and Coffee C on top this is good enough.
- Then place three circles far enough apart from each other that the cupping glasses can sit on the circles without touching, so when you place the glasses on the circles they do not touch. They can form a triangle or a straight line it is up to you.
- In each circle write either A,B and C or 1, 2 and 3 (we will use A B and C).

Coffee: .....



## Determining Coffee Dose

With your scale:

- Using your scale place one of the identical cupping glasses on the scale and tare the scale.
- Fill the glass with water while on the scale and record many grams of water is in the glass, this will be known as the water dose.
- Divide the grammage by 15 this is the grammage you need of coffee, this is the coffee dose.

*Note that this guide uses 10g coffee per 150g water, while the SCAA standard recommends 8.25g per 150g. We have found that it a little mild, resulting in the flavour distinction not being as clear. However if you prefer you can use the SCAA dose.*

## Weighing the Coffee

Now you know your dose that is required for your glasses:

- Make sure all the cupping glasses are clean and are all bone dry.
- Using one of the extra glasses measure the first coffee beans so that you have a single coffee dose.
- Pour your the coffee beans in a glass placed on “A” on the sheet for that coffee.
- Repeat with the same coffee and place the next glass on “B” then “C”
- Then close that coffee (or pour a little into the saucer you can place in front of the cupping layout sheet. You can inspect coffee and we will use this coffee later too)
- Move to the next coffee and repeat the process for each coffee.

In the end you should have 3 glasses with identical dose per coffee you are about to cup. Dose three glasses with the same coffees to ensure that should one of the doses be inaccurate or have be a bad grind or bad bean it can be excluded from the cupping. We do recommend that you remove coffee beans that are lighter or darker than others as you dose, but this is up to you.

## Boiling the Water

If your kettle has enough capacity to fill all 9 glasses plus the 2 rinsing glasses then you only need to boil the kettle once, if not you may need a hot pot or vacuum flask. Boil the water and fill the flask leave the top off for about 45 seconds before resealing it. Then add more water to the kettle and boil another load. The aim is to have the temperature of the water when we added it to the coffee at approximately 93°C. *The actually standard mentions between 92.2°C and 94.4°C.*

## Fragrance

Now you have the water ready and the coffee weighed out you can grind the coffee and smell the fragrance (defined as the smell of the dry ground coffee in cupping).

For each coffee repeat this process:

- Take half a hand full of the coffee in the saucer or what is left in the packet add this to the grinder.
- Using filter (Hario V60) grind setting, grind that coffee and put to one side (you can make a Hario later with this interesting blend)
- Now for each cupping glass of that coffee repeat one at a time, grinding the weighed coffee adding it back to the glass it came from.

You should now have 3 cups of each coffee placed back in the A, B and C place. Now smell the coffees one cup at a time per coffee. It helps to **lightly** knock the cupping glass on the table just before. Note the score of the intensity of the fragrance as per the methodology described in the score sheet explanation.

## Aroma

Once you have noted the fragrance for each coffee, and you have the correct amount of water at the correct temperature you can start wetting the grinds.

- Start the timer (it is recommended it counts up)
- Pour from left to right for each glass and then each coffee
- While the timer is counting down or up you can smell the coffees without breaking the crust.



Once the 4 minutes are up then start from the cup you started with and break the crust of coffee while smelling it at the same time. Note the score as per the methodology described in the score sheet explanation. Breaking of the crust is done with the back of the spoon, which you place at the one end of the glass then gently push down and turn the spoon so that the bottom is facing your nose, that should be hovering as close to the glass as possible. Between each glass make sure you rinse your spoon in the rinsing glasses, to make sure you do not taint any of the cups.

## Skimming

Once you have written all your scores for the aroma you can then skim off the residual grinds that may be floating at the top of each glass. To do so for each cupping glass:

- Rinse two spoons
- Place the two spoons on one side of the glass slightly submerged then moving them to each side of the glass skim off the floating grinds - dispose of them (can use them as compost if you want)
- Rinse and repeat if necessary until no grinds are floating.

## Slurping

Once the glasses are all skimmed you are ready to taste.

- Rinse a spoon (if the water is dirty refill)
- Then dip spoon into cupping glass to take portion that is enough for you to taste but not too much for you to swallow as you slurp.
- Then slurp the coffee into your mouth with as much air as possible at the same time
- An option is to suck air into the mouth once the coffee is in the mouth
- Once you have made your notes you can either swallow or spit the coffee out, try avoid stray cats when doing this.

Follow the rest of the instructions as per the scoring sheet.