

# The story of unfolding food

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## HOW ETHICAL IS OUR EUROPEAN-GROWN PRODUCE?

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*Yes, but a better one.*

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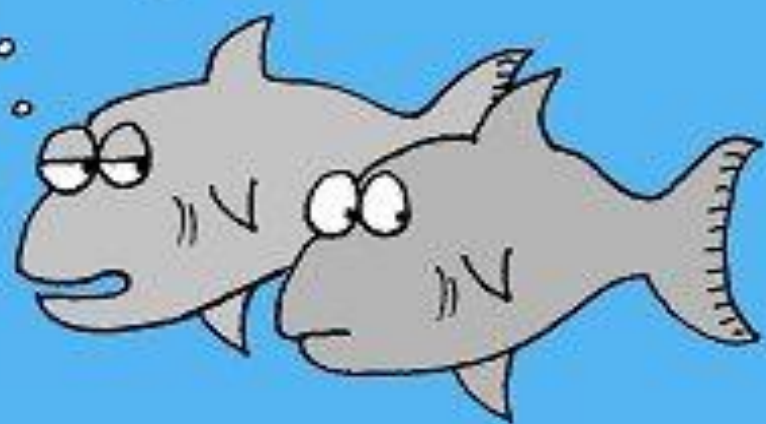
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## FIGHTING FOOD WASTE WITH SOCIAL INITIATIVES

*Social initiatives fighting global food waste*

Inés Oort Alonso | Sep 29, 2021

Just ignore it.  
It's click-bait.



# 7 Steps for the Perfect Cup of Coffee

## Coffee Brewing The Science Behind the Make & Taste



### 1. Buy Hand-Picked 100% Arabica Beans

They contain less caffeine (which actually makes it taste richer) and more fat-based compounds, making it taste smooth.

### 2. Roast Your Beans at 200°C

High temperatures break down molecules that smell and taste unpleasant in your coffee beans.



### 3. Grind it fine and fresh

Finely ground coffee has a higher surface area, so it pulls out flavour more quickly.



### 5. Use *Hot* (92–96°C) & *Hard* Water, 15 mL for every 1g of coffee

Hard water contains a lot of calcium and magnesium ions, which stick to the molecules we want and bring out more flavour in your coffee.

### 6. Drop the pressure and take your time

The brewing time all depends on what pressure we set our machine to. The higher the pressure, the faster water flows through the coffee, so the less time we need to leave it.



### 7. Drink it while it's hot

**Bonus step: Add steamed full-fat milk.**  
The fat in milk pops the big air bubbles, leaving fine and creamy foam to top off your coffee. Alternative milks with lots of added unsaturated fats could also help create this foam.

## The barista community didn't like that!



It's extremely important [@food.unfolded](#) that you differentiate between coffees traded on the floor called C Market coffees and 80+ graded coffees that are bought and sold privately through important companies. The low level coffees have defects which have not been sorted, those are only consumable if they are roasted dark and added to the well known milk and sugar companions. But roasting coffee is not any different then making toast or roasting marshmallows. If you use high grade, expensive coffees cared for by producers like



Well, this is.... interesting... where do you get your coffee knowledge from exactly? 'Cause this is just full of s\*\*t, maybe you should read some other books and talk to people who actually work in coffee world. And I don't mean Neapolitan coffee bars.....



HOLD THE FUCKEN PRESSES BRO!  
We need to update our training manuals with all of this exceptionally well researched info.

**N**

# SEASPIRACY



# How do we **manage** our wild catch **fisheries?**



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33w



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ukclinda Watch Seaspiracy on Netflix. It tells the real story.



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APRIL 7



$$2 + 2 = 5$$





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