

Trying To Find A Really Good Cup Of Coffee?

ATLANTA (AP) — Coffee manufacturers rely on consumer taste tests to determine what makes a good cup of coffee, but now chemists are studying the recipes.

It's not easy to piece together the chemical formula for the perfect cup of morning ambition, said Terrence Lee, a chemist at the University of Akron, who discussed his research at the American Chemical Society's national meeting in Atlanta.

Caffein, the eye-opener in coffee, is only one of the many ingredients that give the fresh brew its distinctive flavor and aroma, he said.

"Coffee brewing involves extracting a complex mix of hundreds of organic compounds with hot water," Lee said. "It's difficult to predict which one, or which combinations of them, are responsible for the flavor."

He said his experiments with more than 50 carefully-instrumented test brewings have found that most of the chemical constituents of coffee-carboxylic acids, phenols, furans and fatty acids—are extracted within the first 6 to 8 minutes, whether the coffee is percolated or dripped.

But near the end of brewing, a second wave of chemicals, including bitter acids, is released.

Those acids continue to build up in the coffee—even after brewing is over and the coffee is being warmed, he said. And they increase with the amount of time it takes to brew the pot of coffee.

"This not only appears to explain why so many people seem to prefer the flavor of drip-brewed coffee," he said. "It also explains why people who get the last cup of coffee from a brewer almost always think that it tastes worse."

Plum Delicious!

Do you love eating desserts, love baking them—but hate all the cholesterol that's found in so many baked treats? Happily, there are easy ways to bake delicious desserts, without all the cholesterol that comes from using dairy products such as butter.



You can bake apple plum crisp without butter—and it'll still be plum delicious!

According to an ad in Reader's Digest, you can get the buttery taste you love without cholesterol when you use a product called "I Can't Believe It's Not Butter!" It's a butter alternative that's flavored with sweet cream buttermilk to give it a fresh butter taste. Unlike butter, however, it's naturally cholesterol-free. It's considered ideal as a table spread as well as for cooking and baking. You'll find it in your store's dairy section in stick quarters (regular and unsalted), soft tubs and squeezable form.

Delicious "I Can't Believe It's Not Butter!" makes an unbelievably good apple plum crisp:

- Apple Plum Crisp
- 4 cups pared, cored, sliced, tart apples
- 2 cups sliced, pitted plums*
- 1/2 cup "I Can't Believe It's Not Butter!" melted, divided
- 1/2 cup firmly packed brown sugar, divided
- 1 tablespoon lemon juice
- 1 tablespoon flour
- 3/4 teaspoon ground cinnamon, divided
- 1 cup rolled oats
- 1/4 cup chopped walnuts
- 1/4 teaspoon ground ginger

Preheat oven to 375°F. In large bowl combine 1/4 cup melted "I Can't Believe It's Not Butter!", 1/4 cup brown sugar, lemon juice, flour and 1/2 teaspoon cinnamon. Add apples and plums; toss to coat well. Place in an 8 x 8 x 2 inch baking pan. In small bowl combine oats, remaining 1/4 cup "I Can't Believe It's Not Butter!," remaining 1/4 cup brown sugar, walnuts, remaining 1/4 teaspoon cinnamon and ginger until well blended. Sprinkle over fruit. Bake 30 minutes or until fruit is tender and topping crisp and browned. Makes six servings.

* Or if preferred, use 2 cups pitted, sliced peaches or nectarines.



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