

COFFEE

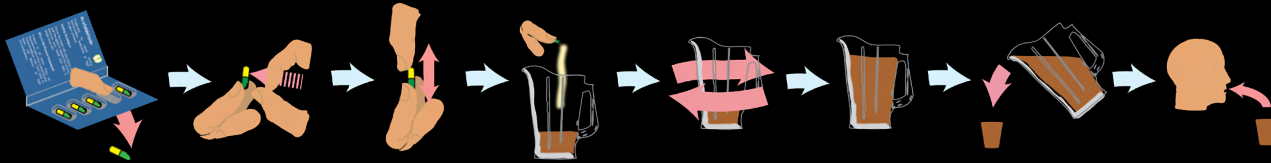
HOW TO PREPARE GMP FLAVOUR STANDARDS

Knowing where to begin with flavour reference training can be a challenge, but we're here to make it simple. Our How to Guide shows you exactly which measurements to use and where to start, helping you build confidence and consistency in every tasting session, whether you're just beginning your sensory journey or are more advanced in flavour evaluation.

BEGINNER	INTERMEDIATE	ADVANCED
1 x Capsule per 1L bottled Water	1 x Capsule per 300ml Coffee Instant: 3 grams per 300ml Ground: 16.5 grams per 300ml	1 x Capsule per 600ml Coffee Instant: 6 grams per 600ml Ground: 33 grams per 600ml

Using **ground coffee**? We recommend choosing a neutral, flat profile without strong characteristics. Grind your coffee to a medium grind size, suitable for filter brewing methods.

How to Prepare GMP Flavour Standards in Coffee



1. After preparing your coffee, allow the temperature to reduce to 70-75°C (approximately 158–167°F)
2. Pour 150ml of your brewed, cooled coffee into a jug.
3. With clean hands remove the single capsule needed for the session from its blister pack.
4. Hold your capsule upright and at arms length. Tap the capsule and pull apart each half.* Ensure the capsule is facing away from your face when you pull the capsule apart.
5. Dispense the powder into a pitcher containing your *coffee*.
6. Swirl the pitcher to release the flavour.
7. Top up the jug with *juice* to you recommended training level.
8. Dispense the prepared sample into tasting cups and cover with lid.

**If your capsule is difficult to pull apart- please carefully use scissors to cut open one end of the capsule and then pour the solution into the beverage. We also recommend preparing a second coffee as a control, allowing you to compare differences between the samples*