



Coffee Enterprises

FlavorActTMV

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How To Use GMP Flavour Standards

FlavorActTMV
Coffee Sensory Kit
Series One

Instructions:

- 1) Push out only the capsule needed for that session from the blister pack
- 2) Tap the capsule and pull apart each half with the overlapping capsule at the top
- 3) Dispense the powder into 200 ml of beverage and swirl the jug to release the flavour
- 4) Top to 1 litre with additional beverage to reach the recommended tasting concentration
- 5) Dispense 100 ml into cups for each of your tasters and begin your sensory session

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Recommended Dilution

- Beginner Training: 1 capsule to 500 mL (17 fluid ounces) of room temperature water.
- Intermediate Training: 1 capsule to 1 L (34 fluid ounces) of room temperature water.
- Advanced Training: 1 capsule to 300 mL (10 fluid ounces) of hot coffee

*Flavor strength may be adjusted:
More intense (less liquid) or less intense (more liquid) as needed*

Recommended Usage

- **Best practices** - Once mixed with liquid, the flavor standards should be tasted within 2 hours.
- The diluted flavor standard may be stored in a sealed container to prevent contamination, in a refrigerator $\leq 40^{\circ}\text{F}$ / 4.5°C to limit oxidation, for up to 48 hours before tasting.
- Do not freeze the flavored liquid. Freezing and thawing may change the flavor perceptions and reduce the quality of the flavor standard.

<https://www.flavoractiv.com/coffee-sensory-solutions/enquiries@flavoractiv.com>

Calibration Training

- Step #1 - Initial flavor identification (flavor coaching with open book)
 - The trainer/chief cupper shall present the line-up of diluted flavor standards to the students/cuppers using the beginner dilution ratio.
 - Each flavor standard shall be presented, tasted and discussed.
 - Students/cuppers should taste the flavor standards multiple times to gain familiarity and knowledge of the aromas and tastes.
 - Final discussion shall utilize the World Coffee Research Coffee Lexicon and Specialty Coffee Association's Coffee taster flavor wheel to reinforce the flavor attribute and their relationship with other flavors.
- Step #2 - Formative assessment (blind samples assessment)
 - The trainer/chief cupper shall prepare the samples and arrange the flavor standards in a different order and remove the identification labels before the students/cuppers enter the room.
 - Students/cuppers shall smell and taste each sample with the goal of correctly identifying each flavor standard.
 - After recording each flavor identification, the group will discuss the aromas and tastes and compare identification answers.
- Repeat Step #1 to increase familiarity & Step #2 to confirm sensory recognition.

Sniffing & Tasting

Sniffing: ortho-nasal detection

Initial Aroma - Cover the cup containing the diluted flavor standard with your hand and swirl gently to release the aromatic compounds for 2-5 seconds. Uncover the cup and place the cup close to your nose. Take 2-3 short sniffs of 1 second each and move the cup away from your nose. Record your aroma perceptions.

Follow-up Aroma – Again, cover the cup and swirl for 5-10 seconds to concentrate the aromas in the headspace, then uncover and take a longer sniff of 2-3 seconds. Record your aroma perceptions.

Tasting: retro-nasal detection

With a cupping spoon, slurp the liquid into your mouth or slurp the liquid directly from the cup. Swirl the liquid around to activate all taste receptors, swallow, then breathe through the nose and mouth, allowing the aromas and tastes to be perceived together. Record your results.

Product Information Documents are available for download:

<https://www.flipsnack.com/flavoractiv/coffee-gmp-flavour-standards.html>

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