



2013 Cape Town  
b-guided coffee™

# 1 THE DAILY GRIND

Think you've got what it takes to make it in the coffee world? Joel Singer, founder of Origin Roasting, gives us the lowdown on what he believes it takes to be a great barista.



**A serious love for coffee**  
"If you aren't passionate about what you do, you are never going to pour a good cup of coffee." It's that simple.

**People skills**  
A barista is the first smiling face people see when they enter a café. They are the first point of contact. Some baristas know exactly

what a customer is going to order when they walk through the door, including how they like it. This is known as the "Cheers Effect".

**Attention to detail**  
When making 300 cups of coffee, you need to pay attention to every cup. This takes a certain level of attention to detail. It's a bit like 'OCD', but in a good way.

**Self-motivation & drive**  
A barista course equips you with the knowledge and skills, but making an amazing cup of coffee, consistently, takes practice – a whole lot of practice. Think Malcolm Gladwell's '10 000 hour rule'.

**Understanding the coffee and the machine**  
Before the coffee even gets to the machine the barista needs to consider things like grinding, tamping and dosage, after which comes understanding the machine and learning to manipulate it to bring out the best in the coffee. The more the barista knows the better his/her cup will be.

# 2 CROISSANT CURE

Crisp and buttery, naked or dressed, a freshly baked croissant paired with really good coffee is the ultimate cure-all.



**The Fancy Croissant Tamboers Winkel** 072 368 3991 | 3 De Lorentz St, Gardens  
Brie, rocket and pear preserve. Can you say "Yum"?



**The Bacon Croissant Jason Bakery**  
021 424 5644 | 185 Bree St  
A match made in heaven. Honestly, could you ask for more?



**The Naked Croissant Knead**  
021 462 4183 | Wembley Square, Gardens  
The naked croissant. Because sometimes less is more.



**The Whole Hog Baked Bistro**  
079 268 9821 | 38 Victoria Rd, Bakoven  
Bacon, scrambled eggs, cherry tomatoes and a balsamic glaze.



**The Almond Croissant Bread**  
021 447 4730 | Bromwell Boutique Mall, 250 Albert Rd  
Crisp and sweet and covered in perfectly toasted almonds.

# 3 DEPARTMENT OF COFFEE

Trendy coffee shops extend way beyond the city limits. In 2012 Khayelitsha joined the club.



Visit a train station first thing in the morning in any international city and you will see a blur of take away coffee cups, but at a train station in a township in South Africa? About as far fetched as expecting JZ to forego renovations to his pad. Until July 2012, that is.

Wongama, Vusi and Vuyile, owners of Khayelitsha's very first coffee shop, the Department of Coffee, are the three local heroes feeding the community's caffeine cravings.

Vuyile, or Lolo as he's more affectionately known, trained as a barista and worked at a number of establishments including Vida, Woollies and Food Lovers Market before getting involved with the DoC and passing on his skills to Vusi and Wongama.

DoC offers all types of espresso-based coffees using a blend of beans that has been specially roasted for them, along with other offerings like filter coffee, tea, hot chocolate, muffins and fresh fruit juices. In addition to supplying the commuters and vendors around the station, the guys also do morning deliveries nearby. They open their hatch at 5:30am during the week and whip up cuppas until 6pm. On Saturdays they are open from 8am until 3pm and closed on Sundays.

Once a month, the DoC holds an open day where you can experience Khayelitsha's vibe and talent – and the coffee, of course. The best way to get there is by the #coffemob train that departs from CT station at 9:15am. Details on Twitter @dpmofcoffee.

# 4 AEROPRESS HOW-TO

The guys at Rosetta Roastery show us how to brew coffee using the Aeropress. Pretty nice of them, don't you think?



- 1 Wet filter paper, and insert the filter cap onto the tube.
- 2 Rest aeropress over your favourite mug/stainless steel jug.
- 3 Add 18g/1 heaped spoon (provided) of filter ground coffee.
- 4 Pour in 250ml of just-off-boiling water.



- 5 Stir using a "north south east west" motion, not in circles. Allow to brew for 90 seconds.
- 6 Plunge slowly (take about 30 seconds from top to bottom).
- 7 Pour and enjoy

# MEET THE MACHINES

Your Cape Town Coffee Fix: A guide to the best local, artisan coffee experiences in the Mother City. Introducing the hard-working machines.

**BEAN THERE**

Can be volatile, but at heart a sensitive soul who needs love, attention and coaxing.

Capacity: 12kg  
Vintage: 1969  
Origin: Germany

The Official Coffee of Adventure™; fair trade, organic, coffee from the heart of Africa.

58 Wale St, Cape Town  
087 943 2228

**PROBAT**

**DELUXE**

A fiery red head who ain't scared of gettin' the job done.

Capacity: 15kg  
Vintage: 2011  
Origin: Probat

A variety of superb blends including their signature Fast Eddie's espresso blend

35 Church St, Cape Town 072 569 9579

**BIG RED**

**HAAS**

Haas aka The Pope; white 'smoke' can be seen when he's roasting beans.

Capacity: 5kg  
Vintage: 2005  
Origin: Turkey

It's all about the rare and exotic and 100% Arabica beans from South America and Africa.

67 Rose St, Bo Kaap  
021 422 4413

**HAAS**

**KNEAD**

Named after the roasters' girlfriend because of the time he spends with her.

Capacity: 2kg  
Vintage: 2011  
Origin: Israel

Better known for their amazing baked goods, but the coffee always rises to the occasion.

Wembley Square, McKenzie St, Gardens  
021 462 4183

**NANDI**

**ORIGIN**

Loves a beautiful evening of roasting in the light of the moon

Capacity: 15kg  
Vintage: 2006  
Origin: Oklahoma City, USA

Ethical, single origin coffees from the finest beans in Africa, South & Central America, & Southeast Asia

28 Hudson St, De Waterkant  
021 421 1000

**IGOR**

**ROSETTA**

Works hard. Good things take time & are worth the wait.

Capacity: it's not size that matters  
Vintage: 2010  
Origin: Sandpoint, Idaho

Single origins from South & Central America, Africa and Southeast Asia

Woodstock Exchange, 66 Albert Rd  
021 447 4099

**DIEDRICH**

**TRIBE**

Queen of the seven seas, and just as demanding.

Capacity: 25kg  
Vintage: 1946  
Origin: Probat

Try Tribe's Espresso Blend, with aromas of truffles, chocolate, cinnamon and hazelnuts.

Woodstock Foundry, 160 Albert Rd  
021 200 8742

**BERTHA**

**TRUTH**

This beautiful, hand-crafted cast iron baby burns bio-fuel for heat.

Capacity: 60kg+  
Vintage: ±1948  
Origin: Probat, Germany

Here coffee is a religion and The Resurrection Blend is not named that for nothing.

1 Somerset Rd, Green Point  
021 2000 440

**COLOSSUS**

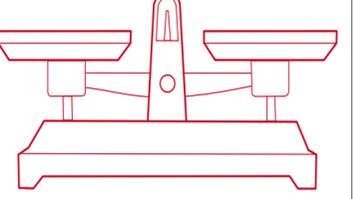


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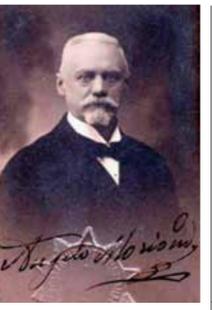
# 5 EXPRESSO VS ESPRESSO

...and other fun facts about your favourite beverage.

**PER CAPITA**  
At 12kg per person per year, the Finns are hands down coffee drinking champions. Brazilians average only 5,6kg despite being the world's leading coffee producers. Even so, they put South Africans, who consume a paltry 0,4kg per person per year, to shame.



**VIVE LA CAFÉ!**  
Café Le Procopé, which opened in 1686 and served coffee to the likes of Voltaire, Robespierre, Benjamin Franklin and Thomas Jefferson, is believed to be the first French coffee house. It still operates today.

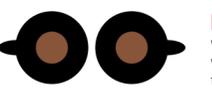


**FOR WHICH WE THANK HIM**  
The first espresso machine was built and patented by Angelo Moriondo of Turin, Italy in 1884. A certificate of industrial title was awarded for the "New steam machinery for the economic and instantaneous confection of coffee beverage."

**EXPRESSO VS ESPRESSO**  
There was a time when one could confidently say, "Espresso is not a word." No longer. While espresso started as a misspelling, it is now listed as a variant in some dictionaries. We still prefer espresso.

**SPORTING GOODS**  
The 1932 Brazilian Olympic athletes financed their trip to the Summer Olympics in Los Angeles by travelling via ship, the Itaquicé, and selling coffee along the way.

**DEATH BY COFFEE**  
The median lethal dose (LD50) of caffeine is about 80 to 100 cups of coffee for an average adult. Voltaire reportedly consumed 40 plus cups per day. He lived to 83. Teddy Roosevelt, who got through a mere gallon (just under 4 litres) a day died at age 60. More coffee, anyone?



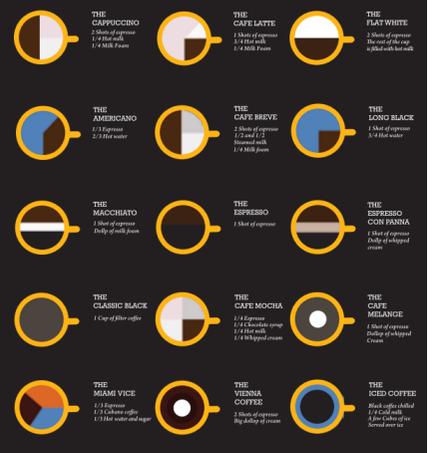
**EYE SPY** A coffee pot was the inspiration for the world's first webcam. Located outside the Trojan Room at Cambridge, the webcam allowed people in other parts of the building to check the coffee situation and avoid pointless trips to top up their cup.

# 6 COFFEE BY NUMBERS

Five reasons why coffee may just be the perfect beverage.

- 1 It may lower your risk for Parkinson's, Alzheimer's, diabetes and other nasty ailments. It also helps with concentration and memory.
- 2 It allows you to 'people watch' without looking like a creep.
- 3 Despite popular belief, it inspired Michael Jackson's best selling single of 1991, 'Black or White'.\*\*
- 4 It is a polite and delicious hint that the dinner party is over and time for your friends to go home.
- 5 It is way, way cooler than asking for a cup of Earl Grey to go.

\*\* No, it didn't.



**I LOVE COFFEE**  
Follow the I Love Coffee Blog at [www.ilovecoffee.co.za](http://www.ilovecoffee.co.za) [www.facebook.com/ilovecoffeeblog](http://www.facebook.com/ilovecoffeeblog)

# 'I ORCHESTRATE MY MORNINGS TO THE TUNE OF COFFEE.' - HARRY MAHTAR 'I'D RATHER TAKE COFFEE THAN COMPLIMENTS JUST NOW.' - LOUISA MAY ALCOTT



## DE WATERKANT & BEYOND

**IT'S A HOUSE**  
021 418 2411  
20 Jarvis St, De Waterkant

**LOADING BAY**  
021 425 6321  
30 Hudson St, De Waterkant

**01. HAAS COFFEE COLLECTIVE**  
021 422 4413  
[www.haascollective.com](http://www.haascollective.com)  
67 Rose St, Bo Kaap

**02. THE HANDLE BAR**  
021 433 2111  
The Courtyard, 100 Main Rd, Sea Point  
Whether you're a cyclist who loves coffee, a coffee fiend who loves bicycles, a cyclist who is impartial to coffee or a person who just wants a croissant, if it's got anything to do with coffee and/or bicycles, the Handle Bar is where it's at.

**03. TABLE THIRTEEN**  
021 418 0739  
[www.tablethirteen.co.za](http://www.tablethirteen.co.za)  
78 Ebenezer Rd, Green Point  
A bustling cafe just next to Victoria Junction hotel. Excellent coffee, a relaxed atmosphere and a menu filled with hearty, wholesome hand-prepared meals. Chat to Michael the barista if you get a chance - he's an incredibly interesting man.

**04. ORIGIN ARTISAN COFFEE ROASTERS**  
021 421 1100 [www.originroasting.co.za](http://www.originroasting.co.za)  
28 Hudson St, De Waterkant  
As the name suggests, Origin was monumental in introducing specialty coffee to Cape Town. They are seriously passionate about coffee & firmly believe in quality, traceability, social responsibility & sustainability. They also have a cool coffee space and their homemade bagels are a must. Coffee accessories.

**05. BEAUTIFULL FOOD**  
021 424 1960  
[www.ybafricanculture.com](http://www.ybafricanculture.com)  
70-72 Bree St, Cape Town  
Creative space on bustling Bree Street serving scrumptious all-day breakfast & lunches. Ideal spot for meetings or doing a bit of work.

**06. BEAN THERE COFFEE COMPANY**  
087 943 2228 [www.beanthere.co.za](http://www.beanthere.co.za) 58 Wale St, Cape Town  
SA's first roaster of Certified Fair Trade coffee. Ask them about their adventures into Africa where they personally source their fair trade, organic beans. Great café/roastery space, coffee accessories.

**07. BREW MOBILE COFFEE**  
021 418 3731  
[www.facebook.com/brewcoffee](http://www.facebook.com/brewcoffee)  
Shop 6, 2 Long St, Cape Town  
Flagship store of the Brew Mobile Coffee Shop fleet. Great atmosphere and friendly staff, mouthwatering cupcakes and gourmet rolls, and kickass coffee. They deliver.

**08. LATITUDE33**  
021 424 9520  
165 Bree St, Cape Town  
A one-stop shop where coffee meets mouthwatering, bistro-style food meets breathtaking art meets designer surf-style clothing meets wine bar meets awesome vibe. Need another reason to visit this spot?

**09. FRANKIE FENNER MEAT MERCHANTS**  
021 424 7204 Metal Lane, 8 Kloof St, Cape Town  
You'll find more than just ethically-sourced delicious meat here. There are little extras to be had, like breads and bakes by Jason, ice cream from The Creamery and coffee.

**21. EMPORIO LEONE**  
021 421 8518  
[www.emporioleone.co.za](http://www.emporioleone.co.za)  
Shop 6104 V&A Waterfront  
If there is a particular sweet you've been dreaming about, this place will have it...in five different flavours. A luxury Italian confectionery and coffee bar that also does food gifting.

**01. HAAS COFFEE COLLECTIVE**  
021 422 4413  
[www.haascollective.com](http://www.haascollective.com)  
67 Rose St, Bo Kaap  
Micro-roasters of speciality and exotic coffees and the only place in the city where you'll find Kopi Luwak. Coffee shop is situated alongside the Haas design store, where you'll have a hard time leaving without buying something, and below the Haas advertising agency.

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## IN THE CITY

**BREAD MILK & HONEY**  
021 461 8425  
10 Spin St, Cape Town

**CAFÉ FRANK**  
021 423 0360  
160 Bree Street, Cape Town

**CLARKE'S BAR & DINING**  
021 424 7648  
133 Bree St, Cape Town

**DEAR ME**  
021 422 4920  
165 Longmarket St, Cape Town

**FRIEDA'S ON BREE**  
021 421 2404  
15 Bree St, Cape Town

**GUSTO CAFETERIA**  
021 461 7868  
117 Hatfield St, Gardens

**KNEAD**  
021 424 1666  
Lifestyle Centre, Kloof St, Gardens

**KNEAD**  
021 462 4183  
Wembley Square, McKenzie St, Gardens

**MY BASAAR**  
021 421 6391  
16 Loop St, Cape Town

**PETER'S HOUSE**  
021 424 3451  
14 Kloofnek Rd, Cape Town

**SKINNY LEGS & ALL**  
021 423 5403  
70 Loop St, Cape Town

**TRUTH HQ**  
021 200 0440  
36 Buitenkant St, Cape Town



## WOODSTOCK ESSENTIALS

**ESPRESSO LAB MICROROASTERS**  
021 462 0845  
The Old Biscuit Mill, Woodstock

**16. BREAD**  
021 447 4730  
[www.breadcafe.co.za](http://www.breadcafe.co.za)  
Bromwell Boutique Mall, 250 Albert Rd, Woodstock

The opulent option - think high tea without the tea. Lavishly decorated in a classic-meets-contemporary style and even has a doorman! Café, boulangerie & deli. Intimate interior and chilled outside terrace for those warmer days.

**THE KITCHEN**  
021 462 2201  
111 Sir Lowry Rd, Woodstock

**ROSETTA ROASTERY**  
021 447 4099  
Woodstock Exchange, 66 Albert Rd

**SALISBURY DELI**  
021 838 2595  
79 Roodebloed Rd, Woodstock

**SUPERETTE**  
021 802 5525  
66 Albert Rd, Cape Town



**17. BREWMO!**  
074 798 4994 | 083 231 1638  
160 Albert Rd, Woodstock Foundry

Café style eatery with simple good food, craft beers, coffee, stone fired pizzas & a taco bar - that's four reasons more than you'll need to visit this spot. And it's in the Woodstock Foundry, so, you'll probably also have dinner here.

**18. FAST & REMARKABLE**  
021 835 4199  
Unit 6, Salt Circle Arcade, Woodstock Foundry

Café style eatery with simple good food, craft beers, coffee, stone fired pizzas & a taco bar - that's four reasons more than you'll need to visit this spot. And it's in the Woodstock Foundry, so, you'll probably also have dinner here.



**19. (FIELD OFFICE)**  
021 447 2020 | 021 461 4599  
[www.fieldoffice.co.za](http://www.fieldoffice.co.za)  
66 Albert Rd, The Woodstock Exchange

A meeting place, an office-away-from-the-office, a sometimes quiet spot to hide or do some work. You can also ogle Pedersen + Lennard's to-die-for furniture. Light meals, snacks, hipsters.



**20. TRIBE CAFÉ & ROASTERY**  
021 422 3788  
[www.tribecoffee.co.za](http://www.tribecoffee.co.za)  
160 Albert Rd, Woodstock Foundry

The newest roastery and café on the Woodstock coffee block, Tribe Café & Roastery moved to the Woodstock Foundry in mid-April. Thankfully so, because now we can get our caffeine fix straight from the source.

