



INTERNATIONAL COFFEE DAY

"We have come a long way from the polystyrene cup of coffee" says Craig Lovett of the Supreme Court Bar and Restaurant. Internationally, coffee is a ritual, a sacrament and a vital part of the day to many people.

The variety of roasts available, their ethicity and choice of milks are all hot topics and play an important part in how the humble cup of coffee has evolved... and whether the person behind the machine is educated on how to prepare our cup of warm, rich coffee goodness!

Tomorrow the world celebrates International Coffee Day and inside this special feature we showcase some of your favourite local cafés as well as some offering special experiences not too far from home.

So pop the kettle on or the pod in — for your favourite homebrew or take this feature on your drive to one of our featured cafés.

Fancy tea instead? You are not forgotten or alone... we shine a light on three stand-out businesses.





“ Unusual ones originate from the Melbourne café scene, such as ‘magic coffee’ ”



12-14 Havelock St, Beaufort
5349 2802

Recognised for excellence

Barista Robert McAlister has served customers at the Beaufort Park Café for nearly three years. In that time, he has made a name for himself in the cafe-world – in April this year he was awarded Beaufort Rotary Club’s Excellent Service Award in the Cafes, Restaurants & Hotels category.

Robert said he occasionally gets asked to make some more challenging coffee orders “Unusual ones originate from the Melbourne café scene, such as ‘magic

coffee’ – a double ristretto (the first half of an espresso shot) topped up with milk,” Robert said.

Café owner and chef Anand Nadarajan makes all the cakes inhouse. He is also responsible for all the delicious and popular butter chicken and curries they sell.

Located in a 100-year-old brick building which has seen many lives, Beaufort Park Café is continuing the tradition of offering great service to the locals and visitors alike.



“ Sometimes there is confusion over the names of certain coffee styles, but we can usually work it out! ”



29 Neill St, Beaufort
0487 521 458

Catering for all tastes

Beaufort’s Skinny Sisters Café is a favourite for travellers and locals to Beaufort. Staff member Kylie Baum said with a variety of customers it is important they can cater for all different tastes.

“Everyone working at the cafe is trained in barista skills and pitches in to make coffees,” Kylie said.

“We have a lot of people from Melbourne, so sometimes there is confusion over the names of certain coffee styles, but we can

usually work it out!”

The unique café is housed in a former-service station on the Western Highway, which means it is a favourite among truck drivers and caravanners, as there is plenty of parking out the front.

As well as a popular spot for a coffee and a bite to eat (including pizzas), Skinny Sisters sells candles and wax melts made by owner Sammi Beaton, and there is a variety of cards and giftware available.



“ The most unusual we have had so far has been a half-strength cappuccino with five sugars! ”

CAFE FIFTY6

49 Neill St, Beaufort
0412 781 857

Coffee in the centre of town

Abigail Tran took over Café Fifty6 in Beaufort just over a year ago. In that time the café has become known for its friendly staff and service. Café staff also pride themselves on serving great coffee.

“Our staff are trained baristas, so they know what goes into making a good cup of coffee,” Abigail said. “Our most popular order would be cappuccino, and the most unusual we have had so far has been a half-strength cappuccino with five sugars!”

Abigail said the café is popular for its all-day breakfast menu and its gourmet homemade food, with the occasional Asian inspired dish on the menu.

As the weather warms up, they are looking forward to welcoming customers to the outdoor eating area with their dogs.

“We also serve pizzas, HSPs, souvlakis and are becoming ‘famous’ for our homemade sausage rolls – for those in the know!” she said.

International Coffee Day

“ I have measured out my life with coffee spoons. ”

- T.S. Eliot

“ The first cup is for the guest, the second for enjoyment, the third for the sword. ”

- Old Arabic saying



INSPIRED BY COFFEE

Dr Charles Reed, professor in the medical school of Northwestern University, believes that coffee may foster genius. History seems to bear him out.

Coffee’s essential qualities are so well defined, says Dr Reed, that one critic has claimed the ability to trace which works of Voltaire were inspired through coffee’s.

Tea and coffee promote a harmony of the creativity that permits the concentration necessary to produce the

masterpieces of art and literature.

Much has been written on the effect of coffee on famous literature. It has been said that many fine writers were weaned from alcohol by substituting the stimulation of coffee.

Among the French literati, Voltaire and Balzac were well-known devotees of coffee. Even in his old age, Voltaire consumed over 50 fifty cups a day.

Historians have noted that playwright Balzac was

fuelled by coffee. His habit was to go to bed at six in the evening, sleep till midnight and then write for long stretches at time drinking coffee. Scottish philosopher and statesman Sir James Mackintosh (1765–1832), stated that the power of a man’s mind was proportional to the quantity of coffee he drank.

From famous Greek scholars to modern-day academics, coffee is often identified as the substance that unlocks creative thought.



“ They blend to create what is known as the ‘golden pour’. ”

parkview PVB bakery

21 Tuaggra St, Maryborough
5461 4655

Creating coffee gold

Recognised for its award-winning chicken pies, Parkview Bakery staff work hard to ensure that same high standard in everything they do.

Barista Chelsea Rinaldi said that level of customer service is vital when making coffee.

“There is an art to making the perfect cup of coffee. It is important we get it right otherwise the customer will go somewhere else,” she said.

“Different milks and coffee styles require different techniques. The trick is in the timing. The milk and the coffee should reach the ideal temperature at the same time; they shouldn’t be boiling hot, as that can spoil the milk.

“They blend to create what is known as the ‘golden pour’, which has a very distinctive colour and aroma when done properly.”

PVB staff are proud of the service and products they provide.

International Coffee Day

“ If it wasn't for coffee, I'd have no discernible personality at all. ”
- David Letterman

“ Even bad coffee is better... than no coffee at all. ”
- David Lynch

“ I never drink coffee at lunch. I find it keeps me awake for the afternoon. ”
- Ronald Reagan

Good coffee is more than a savory cup,
Its aroma has power to dry liquor up.
By coffee you get upon leaving the table
A mind full of wisdom, thoughts lucid, nerves stable;
And odd tho' it be, 'tis none the less true,
Coffee's aid to digestion permits dining anew.
And what's very true, tho' few people know it,
Fine coffee's the basis of every fine poet.
- Unknown 18th century poet



“ A customer the other day asked for a coffee that was at exactly 40 degrees. ”



190 High St, Maryborough
5461 4827

Coffee to suit all tastes

Since opening its doors just over 12 months ago, Burgz has become a popular meeting place to catch up with friends. Customers are not only attracted to the 'instagrammable' décor and great menu; Burgz is gaining a reputation for serving great coffee.

Courtney Longmuir is one of two trained baristas who make the coffees, with the most common order a standard cappuccino with two sugars.

"We do occasionally get asked for unusual coffees - a customer the other day asked for a coffee that was at exactly 40 degrees," Courtney said.

"We are going to start doing frappés (iced coffee) in a couple of weeks. We're just testing out some flavours at the moment."

Frappés are popular as a summer drink. As the weather warms up, Courtney said they are looking forward to serving customers an exciting new taste sensation.



“ We have created a safe and inclusive space within this beautiful old building. ”



1201 Lydiard St North, Ballarat
5331 2714

Coffee with a noir twist

The Gatehouse is a one-of-a-kind destination. Set in the original gatehouse of the Ballarat Cemetery, the vintage and gothic inspired eatery specialises in Mediterranean influenced foods.

Owner and manager Annmarie Sloane is the 'fairygothmama' of The Gatehouse.

"I am from Maltese decent so believe food is not only for the belly but the soul," Annmarie said. "We have created a safe and inclusive space within this beautiful old

building, quirky in its aesthetic yet warm and welcoming."

All of the coffee used is fair-trade and small-batch roasted in Melbourne. The unique ambience of the café is reflected in one of their most popular coffees - a white mocha with edible glitter.

The Gatehouse is available for private functions and showcases art exhibitions in the loft.

www.thegatehouseballarat.com.au



“ Everything at Maldon Rose is created with love and care. ”



6 Main St, Maldon
0492 183 081

Coffee created with love

Operating for more than 18 months, Maldon Rose in Maldon is a family run business that is quickly establishing itself as an industry leader, with award winning scones and incredible tea and coffee.

Co-owner Grace Langdown-Marsden said that every element of the tearoom has been lovingly thought of to ensure that each visit is memorable.

"From our pink pressed tin walls, to our spectacular floral installations and

chandeliers, everything at Maldon Rose is created with love and care," Grace said.

"Our three trained baristas - myself, Jade and Danielle - pride ourselves on serving only the very best. Our signature Rose & Lavender Lattes are created from Allpress espresso and our Tea is from Harney & Sons."

Each month Maldon Rose shares a secret drink menu, which has a range of unique drinks curated by their baristas.



“ We like to look after people out on the street. ”



Cnr Nolan & Clarendon Sts,
Maryborough
0434 653 992

Grab and go

Owners of recently opened KT's Café, Rick and Ozzie Townsend, have been serving high quality coffee for several years through their mobile business. The couple have brought their love of coffee to the corner of Nolan and Clarendon Street.

"We've had our business running since 2017, so while we're new to this shop, we're not new to the industry," Rick said.

"Our focus is speciality coffee. We use a Papua New Guinean single origin that's

roasted by Paul from Boom Town in Bendigo."

A qualified chef, Ozzie is originally from Thailand, so KT's also offer delicious home-made food with an Asian influence.

Rick said it is important for KT's to maintain a street presence, with a coffee cart operating under the front veranda.

"We like to look after people out on the street - people in wheelchairs, mobility scooters, dog walkers, prams - it's grab and go."

“ We are excited about the world-renowned specialty roasts coming for spring and summer. ”




1 Havelock St, Maryborough
5461 3300

Supreme coffee experience

It is all about the customer experience at The Supreme Court Restaurant & Bar. Proprietor Craig Lovett said choice of coffee maintains the high standard his staff take pride in providing.

“Our baristas are industry trained and qualified, they all receive on-going training and development,” he said.

“Coffee pairing with desserts is similar to wine pairing with the menu.”

Craig said the quality of the coffee reflects

the passion of the chef's food selections and complements the standard of the produce and the menu.

This also extends to the bar service, with cold-pressed coffee (using room temperature or colder water to slowly steep coarsely ground beans for 12 to 24 hours) popular in espresso martinis and cocktails.

“We are excited about the world-renowned specialty roasts coming for spring and summer,” Craig said.

“ We're a traditional country style bakery, that's what people seem to like. ”




97 Broadway, Dunolly
5468 1331

Family tradition

For more than 35 years the Dunolly Bakery has provided locals and visitors alike with traditional country-style food and service. Owner Rod Stuart took over the bakery from his parents in 1995 and explains they have combined tradition with modern coffee trends.

Continuing the family tradition, Rod's daughter Brooke has been working in the café full time for the past seven years. While she enjoys baking, her real love is working front-of-house with the customers, and she is working on perfecting her coffee art.

“I'm self-taught and have learned through watching YouTube videos,” Brooke said.

“They don't always turn out perfect, but I'll keep practising.”

Rod said they are still using Boomtown in bendigo as their supplier and have recently added oat milk to their range of dairy-free milks.

“The coffee might change but our café has that historic feel about it, we're a traditional country style bakery that's what people seem to like.”

“ They often know a customer's coffee order as they walk through the door. ”




83 Nolan St, Maryborough
5460 4043

In a class of its own

Maggie and Peter Higgins have operated Class Kitchen Bakery for the past 12 years. The small, family run business makes all products on site; the open plan means customers can see the bakers at work.

Mel Ballangarry is a second-year apprentice baker who also serves as the café's barista. As Maggie said, they often know a customer's coffee order as they walk through the door.

“We have regular groups come in

throughout the week, Mel can have their coffee ready before they order,” she said.

“Our most popular order is cappuccino, although we do have one customer who likes a half-strength decaf soy latte.”

Customers also have a huge variety of yummy cakes to choose from, as well as home-made pies and pasties, salad rolls and sandwiches. Customers can dine in or take-away, and the outdoor seating area is a popular meeting place.

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THE ART OF COFFEE

Coffee art is a method of preparing coffee created by pouring microfoam into a shot of espresso resulting in a pattern or design on the surface of the latte. It can also be created by simply 'drawing' in the top layer of foam. Latte art is difficult to create consistently, due to the demanding conditions required of both the espresso shot and milk. This, in turn, is limited by the experience of the barista and quality of the espresso machine. The term also applies to other beverages containing milk foam, such as cappuccino and hot chocolate.

POURING YOUR HEART OUT

The first step to any coffee art is to practice the basics of steaming milk.

[Step 1]

Put espresso into the bottom of a cup.

[Step 2]

Steam milk, tapping the jug a few times to get rid of any bubbles.

[Step 3]

Hold your cap firmly on a slight angle in one hand. In the other hand (your dominant hand) hold the jug about 10 centimetres above the cup.

[Step 4]

Half fill the cup then bring the jug close to the surface of the drink, still pouring.

[Step 5]

You should see a foam circle form.

[Step 6]

When your cup is nearly full, move the jug back a few centimetres and use one motion to 'strike through' the circle to create a heart.

Practice makes perfect!



“ People like to fully experience the coffee – see, smell and taste. ”




77 Albert St, Creswick
5345 1557

Art of making coffee

Smokeytown Café has been operating in Creswick for nearly 20 years. Current owner Joban Singh has run the café for the past seven years, during which expectations of customers have changed dramatically.

“People used to just order a coffee; now they're more aware of what they like and want. Coffee is not just coffee anymore if that makes sense,” Joban said.

“Since we started the preference for non-dairy milk has more than doubled. We pride

ourselves on catering to all needs – even a quarter-strength decaf soy latte extra hot, which is possibly our strangest order.”

Joban knows how important presentation is, and has taught himself the skill of coffee-art through watching YouTube clips and lots of practice.

“People like to fully experience the coffee – see, smell and taste. If a coffee is presented well, people know we care about their order and value them as a customer.”

“ Everything is wholesome and made from scratch, there are no short cuts. ”




115 Harmony Way, Harcourt
5474 2135

A destination café

Proving people are willing to travel for great service, food and coffee, the Harcourt Produce & General Store has put Harcourt back on the map after the Calder Freeway bypass was opened in 2009.

Owner and proprietor, Annette Larsen, is a trained chef who is proud of their delicious pastries and home-grown, homemade values.

“We grow all the vegies, herbs and greens out the back that we use in our food,”

Annette said. “Everything is wholesome and made from scratch, there are no short cuts.” This philosophy even extends to the store's coffee, with Annette developing her own blend – 'Larsen' – combining four different types of South American beans roasted by another provider.

“The unique barista coffee, craft beer and cider, local wines and produce, and pickles and preserves from our own kitchen garden adds to the authentic dining experience customers love,” Annette said.

“ The club offers a variety of seating areas ... with views of the Bendigo CBD. ”




41 High St, Bendigo
4400 9001

Community coffee club

Operating since August 2018, Café Velo at Bendigo's Goldfields Cycle Sports Club provides a warm welcome to those who appreciate the history of cycling – and those who are just after a great cup of coffee.

The not-for-profit club was created by retired professional cyclist Ross Forster with the aim of giving back to the Central Victorian Cycling Community.

Tammy Johns is the operations manager of the club. She said they have tried to create

a welcoming atmosphere for members and visitors alike.

“Patrons can enjoy light meals, snacks and beverages in a café decorated with an eclectic mix of cycling memorabilia,” Tammy said.

“The club offers a variety of seating areas, from comfy couches, café chairs or alfresco dining with views of the Bendigo CBD.”

All staff are fully trained and aim to provide the perfect coffee for their customers.



“ You can just about tell which tea you'd like by the way it smells. ”



Shop 2/12, Templeton St,
Castlemaine 0401 301 967

Tempting tea

Next time you are in Castlemaine, tempt your tastebuds at The Tea Dispensary.

Founded in October 2020 by Lisa Candy and her husband Matt (pictured), The Tea Dispensary offers a high-quality range of organic, loose-leaf tea blends carefully selected from the best suppliers all over the world.

"I wanted to create a shop that wasn't just about buying a box of tea and taking a chance," Lisa said.

"I wanted people to be able to see the quality of the tea, the size of the leaf, the mixtures, the blends. You can just about tell which tea you'd like by the way it smells."

The Tea Dispensary combines a clean, modern industrial look with the warmth of a small-town apothecary. Polished concrete flooring, white walls, unobtrusive black metal fixtures, and light wooden shelving all ensure that the tea, displayed in large glass jars, remains the star of the show.



“ It is a way to connect and *murun dhelk*: to live in good health. ”



Bendigo
Dja-wonmuruk.com

Traditional tea

For Dja Dja Wurrung business woman Sharlee Dunolly-Lee, tea is more than just a drink, it is a way of connecting with her ancestry. *Dja-Wonmuruk* (Yes Teas) is an Indigenous, organic, herbal loose leaf tea company handmade on Dja Dja Wurrung Country by Sharlee.

"I want to be able to preserve the traditional knowledge of bush tucker handed to me by elders in my community - *djuwima djandaki*: to show the benefits of our

Country and share it," Sharlee said.

"Like many Aussies, I love drinking tea. I can remember enjoying *wonmuruk* (tea) with family and friends, being surrounded by the sounds and smells of *djaara djaa-ndak-i* (Dja Dja Wurrung Country) and developing a love for Country since a young age.

"It is a way to connect and *murun dhelk*: to live in good health."

For a full range of teas made from local ingredients, go to: dja-wonmuruk.com/



“ Miss Northcott was known locally for ... teaching the children high tea etiquette! ”



79 Albert St, Creswick
0468 613 650

Tea room treasure in Creswick

Miss Northcott's Garden and Tea Rooms is a must-visit destination next time you are in Creswick.

Simone Broad has owned the next door flower shop for 10 years, and the garden space for five. Simone's idea to open the tearooms was put on hold when the pandemic began. Operational for nearly four months, the tiny tea room is becoming a favourite with locals and visitors.

"The business name comes from Miss

Northcott, whose family lived in the building next door," Simone said.

"Miss Northcott was known locally for going to the schools and teaching the children high tea etiquette!"

Diners can also enjoy small cakes, slices, chocolates and scones (savory options will be available soon). And to make you feel extra special, Simone adds fine edible gold powder to the sugar to ensure the tea looks pretty in the beautiful crockery.

Tea Time



TASSEOMANCY is the age-old tradition of telling fortunes through tea leaves.

It is thought the practice originated from the Romani people, whose nomadic lifestyle meant they followed the trade routes of tea and coffee.

Today, it is seen as a fun way to enjoy the experience of drinking tea long after.

HORSESHOE.
The sign of good luck.

WEDDING RING.
Marriage in the near future promises great happiness to come.

TRAIN.
Foretells a journey.

LETTER.
Good news is on its way to you.

CANNON.
Unlucky and denotes strife.

BABIES.
You will hear of a new "arrival" very soon.

PIERCED HEARTS.
Romance!

BELLOWS.
This means praise for your work.

TRIANGLE.
Do not share your love or interfere with others.

GRAPES.
Riches and enjoyment ahead

You are of a quiet and studious disposition.

CLOCK.
You will hear good news

DRUM.
You will hear bad news

FISH.
Beware of Gossip.



HEALTH benefits have been associated with different teas since ancient times.

Green tea is often described as the 'Swiss Army Knife' of teas, with a range of properties thought to aid good health.

A study published by the National Library of Medicine found green tea contains high levels of catechins which can "be

beneficial against high-fat diet-induced obesity and type II diabetes and could reduce the risk of coronary disease".

The proven digestive benefits of ginger means ginger tea is often used to combat morning sickness in pregnancy, while the apigenin in chamomile tea may have a calming effect and help with sleep.

Anti-inflammatory

powers in herbal teas containing turmeric, cinnamon or ginger can help loosen airways tightened by conditions such as asthma, while the menthol in peppermint tea works well to relax sore throat muscles, relieve nasal congestion and even reduce a fever.

And no one can doubt the healing power of a cup-of-tea and a chat with a good friend.

HIGH TEA conjures up images of English gardens, freshly baked scone, crustless sandwiches and delicate cupcakes.

Tea party food is light enough so you can hold a conversation while enjoying a small snack to tide you over until dinner.

For those who want to pay tribute to the late Queen Elizabeth II, there is no better way than enjoying a proper high tea with friends.

Bring out the best crockery and bake some of the Queen's favourite recipes, which include Victoria sponge, scones (both plain and fruit) and a selection of sandwiches.

For an authentic afternoon tea menu, google the Queen's former chef Darren McGrady, who shares Her Majesty's favourites via Instagram and YouTube.

