



SIP & STEEP

WITH NATHAN & EMILEE

at home guidebook



BE YOUR OWN BARISTA!

this is Sip and Steep!



Welcome to your kitchen café!

Have you ever wanted to learn more about coffee and tea, but didn't know where to start? Do you find yourself scrolling through beautiful images of drinks online and wish you could make them yourself at home?

If so, this book and the Sip & Steep videos will be a perfect crash course in learning about the beloved coffee and tea beverages you are always seeing!

Getting Started is Easy!

Most recipes require the following:

Boiling Water

Tablespoon & Teaspoon Measure

Cup Measure

Pitcher or Mug for steeping

Sugar and Milk to taste

Follow the instructions on each page to see which coffee and tea you may need to make each drink!



COFFEE VS TEA

Cup of Joe

Coffee is made of beans harvested from the coffee tree. The bright red coffee cherries have two beans inside which are dried and roasted. This makes them darker and gives them the flavors we recognize.

Coffee has **100** milligrams of caffeine on average, but some methods of making coffee, like cold brew, can have more caffeine. Decaf is also available in most roasts with only 7-10 milligrams.

Coffee is a delicious way to start the day. Many people pair their coffee with milk to make a latte. Drink it hot, cold or blended into a dessert drink!

Always tea time

Tea is one of the most widely consumed beverages worldwide. A drink with strong roots in many cultures, tea can be consumed for enjoyment or play a role in ceremonies and rituals. Tea is easy to make, typically requiring only hot water to steep.

Black tea has **50** milligrams of caffeine and green tea has about two thirds of that. Herbal tea has no caffeine, and is a delicious option for those looking to skip caffeine all together!

Tea is perfect hot or cold. Adding honey and lemon can make your mug of tea a remedy for feeling under the weather.



COFFEE & TEA TO TRY @ HOME

Coffee

FRENCH PRESS COFFEE

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Tea

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TEA CONCENTRATES

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GREEN TEA

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BUTTERFLY PEA FLOWER TEA

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FRENCH PRESS COFFEE

WHAT YOU'LL NEED

ingredients:

2.5-3 Tablespoons or 30 grams of Coffee

2.5 Cups of Purified Water

Milk or Sweeteners (optional)

tools:

Grinder (or Grind at the Coffee Shop)

French Press

Scale

Timer (or use your phone!)

Glasses for Serving



WHAT IS FRENCH PRESS

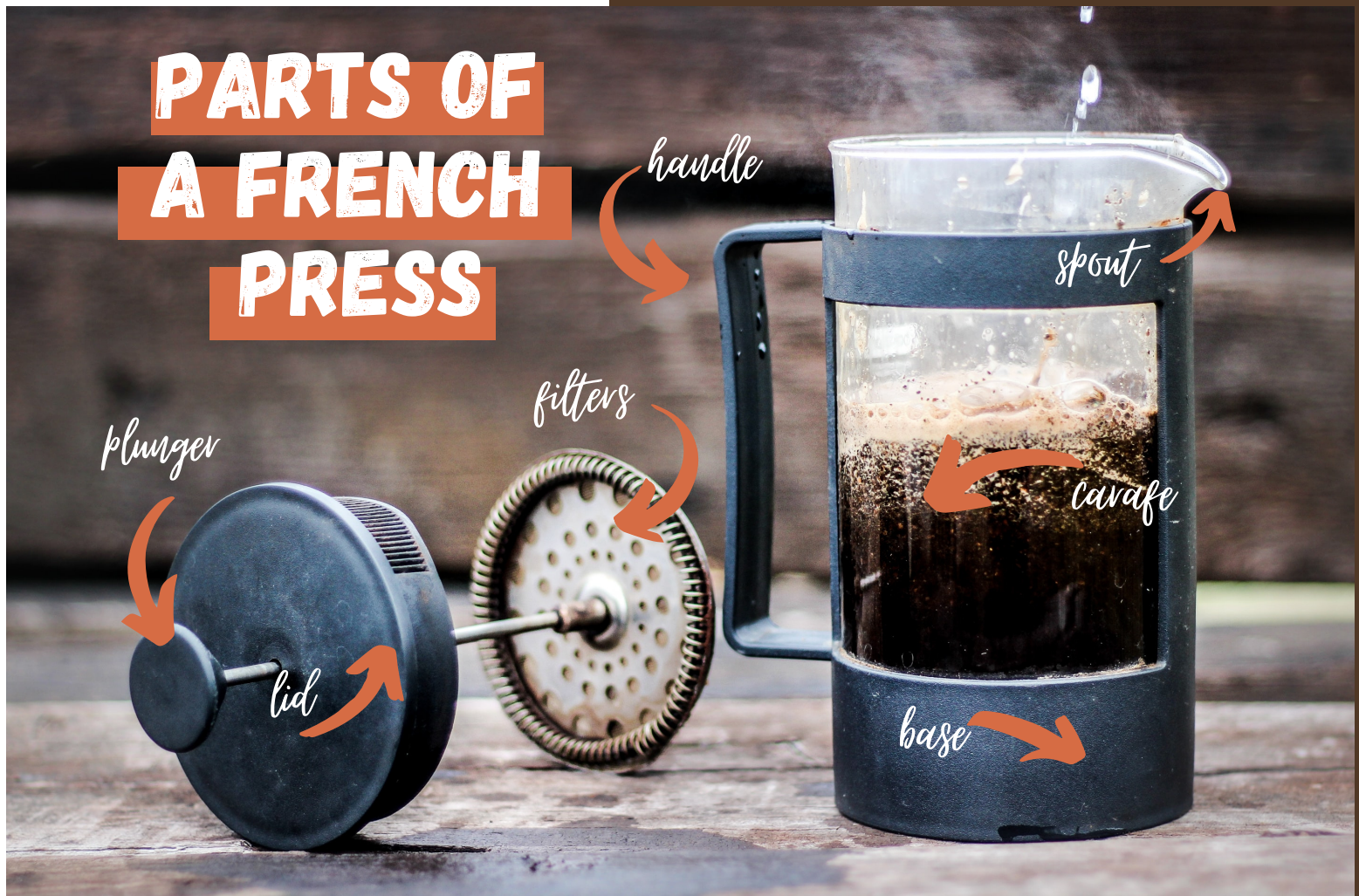
*course ground
pressed coffee*

French Press coffee is a classic, simple method of brewing a much loved beverage. The specialty container allows the grounds to 'bloom' or expand into the hot water, ripening the flavor as it steeps.

Coffee, usually caffeinated, offers antioxidants as well as vitamins and minerals including magnesium, potassium, and niacin. Drinking coffee regularly has been linked to lowered risk of long term ailments.



PARTS OF A FRENCH PRESS



Learn more
about how to make
**FRENCH PRESS
COFFEE**

at home with our
video tutorial!

RECIPE

French Press for Two

1. Boil about 2 ½ cups of water
2. Measure your coffee grounds & grind the coffee
30 grams or 2.5-3 measured tablespoons
3. Remove water from heat once it boils
4. Add ground coffee to carafe
5. Add 500 grams or 2 cups of hot water
6. Set a timer for 4 minutes
Press the plunger to the top of the grounds.
Don't press all the way down until the timer ends.
7. At the end of 4 minutes, press the plunger
all the way down and pour the
coffee into cups to serve immediately.

MAKING COLD BREW AT HOME

SMOOTH GOODNESS

*Why choose Cold Brew
over Iced Coffee?*

Cold brew is a rich alternative to traditional iced coffees. It offers a bolder flavor and lower acidity. This makes it easier on the stomach and much nicer in lattes and as an addition to blended drinks. It can be expensive in coffee shops, so why not try making some at home!

WHAT IS COLD BREW?

coffee + water + time

Cold brew has gained popularity over the last few years, but is not a new invention. Various kinds of coffee steeped over a long period of time are all referred to as cold brew. They feature a bolder flavor and lower acidity. The oils in the beans are not released during the brewing process, which keep the beverage smooth and rich.

This coffee is also known for a much higher caffeine content, which can often be twice as much as iced coffee. Whether you want a jolt of energy or a smooth start to the day, cold brew is a winner.

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RECIPE

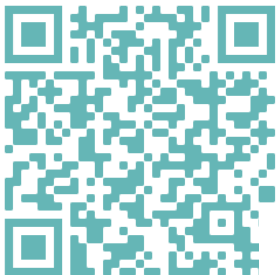
Over Night Mason Jar Cold Brew

1. Coarse grind 1 Cup of Coffee.
2. Pour coffee into Mason Jar.
Add 3 Cups of Water.
3. Shake vigorously until water is full mixed
and no coffee is stuck to the bottom or sides.
4. Let sit for 12 - 24 hours.
5. Strain the mixture over a coffee filter,
a fine strainer or cheese cloth
to separate the grinds from the coffee.
6. Serve over ice, with milk and sugar as needed.
7. Cold Brew will keep for 2 weeks in the
refrigerator, but will taste best in the first week.

ELEVATE YOUR COLD BREW

1. add orange rinds to the
grounds in your mason jar
2. pour it over ice cream
for a sweet affogato
3. make a café style sweet cream

2 Cups Half-and-Half
1/2 Cup Sweetened
Condensed Milk
1 Tablespoon Vanilla Extract



LEARN MORE ABOUT MAKING COLD BREW IN THIS TUTORIAL!

ONE CUP AT A TIME

Pour Over Coffee

Making a cup of pour over coffee uses the same mechanics of a drip machine, just a smaller batch. Pour over is a favorite of specialty coffee shops that offer micro batches of specialty roasts or single origin coffees.

To make 1 Cup of Pour Over Coffee:
2 Tablespoons of Coffee
8 oz Boiling Water

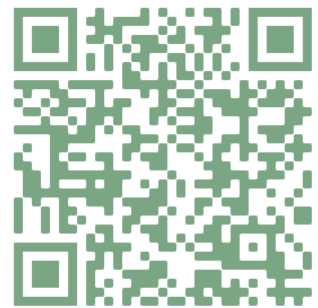


the magic of **COFFEE SACHETS**

Coffee sachets are single serve disposable pour over packets you can fill with your own coffee! This kit includes 2 sachets and coffee to make two glasses!

Simply open the sachet and secure the handles over the edge of your mug. Put 2 Tablespoons of ground coffee into the pouch and pour 1 Cup of boiling water over top, pausing 2 or 3 times to ensure a bloom. Wait 30 seconds and enjoy!

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Learn more
about how to make

**EASY COFFEE
AT HOME**

at home with our
video tutorial!

MAKING DALGONA COFFEE



SWEET COFFEE SOUFFLE

super simple ingredients

2 Tablespoons of Boiling Water
2 Tablespoons of Instant Coffee
2 Tablespoons of Granulated Sugar

Dalgona coffee gained fame on social media for its beautiful fluffy texture and simple recipe. All you need is sugar, water and instant coffee. Just be sure to whip for at least 8 minutes to get that cake batter consistency.

SERVING DALGONA

extra strong coffee topper

Dalgona is served as the topping, unlike most coffee beverages. The bulk of your drink will be the milk of your choice!

milks to try:

Chocolate Milk
Vanilla Milk
Almond Milk
Oat Milk



TYPES OF TEAS TO TRY

the over-achiever

GREEN TEA

At its core, green tea is a refreshing cup of health and wellness, whether steeped hot, served cold or made into a creamy matcha latte.

Green tea flavors like citrus, ginger or mint make this beverage endlessly versatile, all offering rich antioxidants and long term health benefits.

Try mixing matcha green tea powder into your next batch of pancakes or look for ways to pair green tea with infused fruit!

the classic

BLACK TEA

Black tea is a fermented or oxidized tea that comes in many flavor profiles and styles.

Assam and English Breakfast tea will be the most simple black teas to taste. Explore classics like Earl Grey or the beloved spiced black tea, Chai.

Black tea has a strong, robust flavor and works well in lattes. Black tea is also a typical base for sweet tea and fruit infusions.

MAGIC BUTTERFLY TEA

WHAT YOU'LL NEED

ingredients:

Butterfly Pea Flower Tea
Citrus Fruit or Lemonade
Sweeteners (optional)
6-7 Cups of Purified Water
Ice Cubes

tools:

Large Pitcher (recipe for 64 oz)
Container to make Tea
Tablespoon Scoop
Cutting Board & Knife to cut Citrus
Glasses for Serving



RECIPE

8 cup pitcher of iced tea

1. Boil 4 cups of water
2. Steep 4 Tablespoons of tea in container for 5 minutes
3. Remove tea flowers
4. Pour hot tea over 2 cups of cool water to dilute
5. Add 1-2 cups of Ice
6. Add sweetener to taste

Steep Time: 5 minutes





Learn more
about how to make
**BUTTERFLY PEA
FLOWER TEA**
at home with our
video tutorial!

MAKING BUTTERFLY PEA FLOWER TEA

*herbal tea
made of dried pea flowers*


Pea flower tea offers antioxidants with anti-microbial properties which can help you sleep, clam down and may even improve sight & cognition. This tea has been used for centuries to improve skin and grow hair. This beautiful tea can help you glow inside & out!




*Add citrus to change
from blue to purple!*

Pea flower tea will change colors when citrus is added. Simply add juice, a slice of your favorite fruit or lemonade and watch the color change!

MAKING HOT & ICED TEA



 8oz hot tea
1-2 teaspoons of tea
8 oz of hot water

 12oz iced tea
 3-4 teaspoons of tea
 8 oz of hot water
4 oz ice cubes

 64oz iced pitcher
 4-5 Tablespoons of tea
 4 cups of hot water
2 cups of cold water
2 cups ice cubes

DISCOVERIES & NOTES



DISCOVERIES & NOTES



LEARN LOTS MORE!

French Press Coffee

**NATIONAL COFFEE
ASSOCIATION**



coffee roast guide

LA COLOMBE



step by step guide

**BLUE BOTTLE
COFFEE**



move french press!

Cold Brew Coffee

**CHAMELEON
COLD BREW**



cold brew vs iced coffee

GESSATO



cold brew 101

**COLD BREW
AVENUE**



mason jar cold brew

Easy Coffee at home

TASTE OF HOME



11 Dalgona recipes

**STUMPTOWN
COFFEE**



the perfect pour over

THE KITCHN



at home sweet cream

LEARN LOTS MORE!

Making Tea at home

EAT CULTURED



many kinds of tea

SENCHA TEA BAR



tea 101

WHOLE FULLY



scratch chai concentrate

Matcha and Green Tea

LOVE & LEMONS



matcha recipe

HEALTHLINE



health benefits

TEA FORTE



matcha ceremony

Butterfly Pea flower Tea

MAJESTIC HERBS



blue tea health benefits

**OH HOW
CIVILIZED**



butterfly tea recipes

BON APPETIT



color change science

