

Candy

Turkish Delight

- Starch

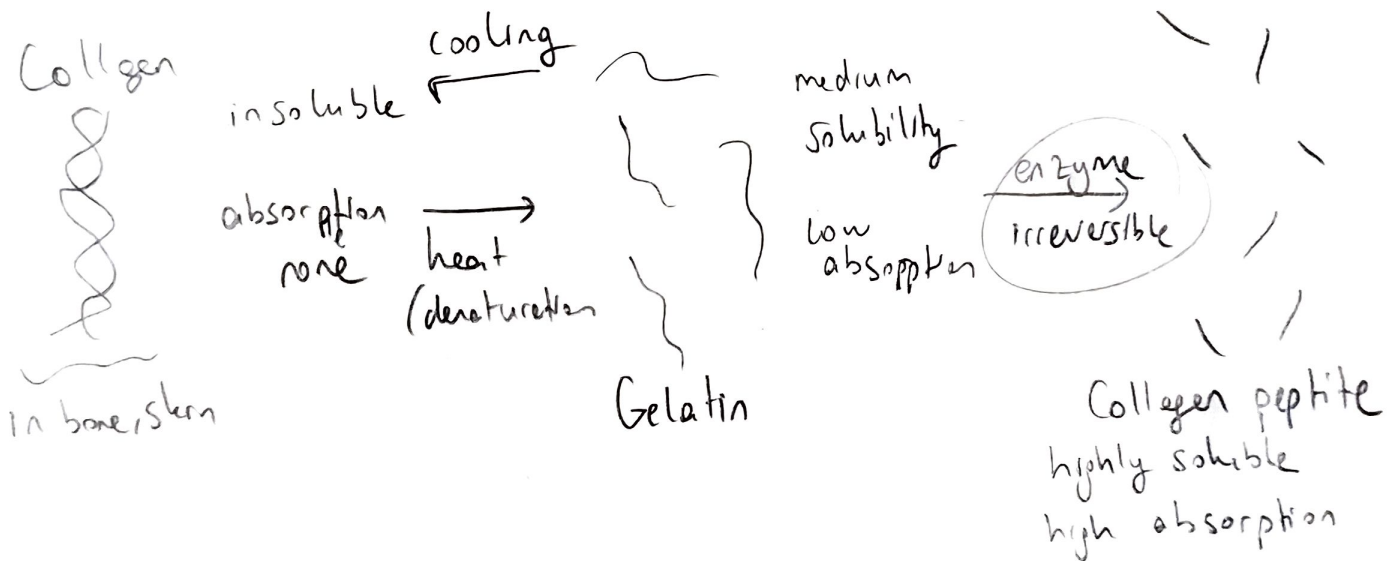
- Karıştırarak pişir.
- Kaba kay (1 gün beklet)
- kes
- şeker bula

- Kaynatılıyor. Orijinalinde jelatinyok, sadece nişasta.

- En son yapışkanlığı gitsin diye şeker ile kepeklüyor

Collagen & Gelatin

→ structural protein of various connective tissues in animals



Sert şekerde jelatinyok diye sert

Patlayıcı şeker

Şeker karışımı kurumaya bırakılınca yarma basıncı kaba
kennuluyor (4137 kPa) - içinde CO₂ kalıyor.
Ağızda tükürük ile birleşince CO₂ şekerin içinden çıkıyor
(basıncı)

Tea

- 2nd most consumed

- Aden sıcak su içerken ~~çay~~^{suyuna} dymos çay olmas

- Çin

- Different varieties of tea (white, green, black --)

- Genelde black tea popüler

çinde green tea

brezilyada herbal

2 types of tea

Camellia sinensis var. sinensis (China)

- Biz bunu içiyoruz.

- Gen grow under 0°C.

- cool, high altitude

- changing seasons → flavor

perfect for green tea, white, oolong tea

but used for black tea too.

- not harvested in winter

- Kışık uali

mmmm

asamica (India)

- Hotter, tropical climate

- plants grow within weeks → harvested repeatedly

- Çok fazla ürün veriyor ve sürekli bunu tercih ediyor

Uzun süre



Harvesting Tea

Plucking

- Traditional → genelde kadinlar
- By hand
- Two top leaves and bud.
- Stem must be undamaged
- Very fine tea, lighter, sweeter

Mechanical

- Faster
- Two or more mature leaves are harvested
- Less quality

Processing of Tea

1) Withering (Kurutma)

- Su ↓
- Soften the leaves
- very slight oxidation
- naylonun istine yagiyorlar
- Bazen havalandirma ile hizlandiriliyor → Too much decrease quality
- 8-18 hour 20-30°C
- water 70-83% → 62-64%
- breakdown of leave proteins, caffeine ↑, taste change
- color → copper-red

2) Rolling

- Yuvarlana mahesrade yuvarlayar.
- Tear, squeeze, bruise the leaves
- Tea appearance is created, developing flavor
- Pressed/twisted leaves → juice inside → outside
- Enzyme and oil in tea → outside + air → oxidation
- color → brown

3) Oxidation

- Already starts with rolling.
- Room, 24-40°C for 40 minutes - 3 hours


Polyphenol → theaflavin (astringency (burukluk))
→ thearubigin (stronger color)

- color → coppered → brown
- aroma appear

4) Drying

- Before drying, water 45-50%
- variety of methods
 - ↳ smoking method to add flavor
- 20 min 80-90°C
- color → dark brown
- enzyme activity stops
- water 3-7%
- drying → moisture ↓ → tea will keep well
- natural drying → open air on bamboo mats

5-Clean & Grade

- Remove stalk (sap), fibre, vein → quality ↑
- Static to attach  or use machine with camera
- Sort into grades
- Separate according to particular size

Chemistry of Tea

75% moisture

25% solid → soluble in water

↳ non soluble in water → aa, caffeine —

Polyphenol

Bir sürü faydesi var. , Gaydaki türü flavonoid.

Oxidation da flavanoidler parçalanıyor. → Diğer moleküller ile birleşerek color + flavor

Aminoacids

Most imp → theanine → positive effect on mind

Tea Varieties

White

Steam

Dry

Green

Wither

Steam

Roll & dry

Fire & dry

Oolong

Wither

Shake or roll

Short fermentation

dry

Black

with

roll

full fermentation

firing

catechin ←

→ theaflavin

White tea

- En az üretilen
- Taze, kurut
- Nutrient rich, low caffeine.
- Çin

Green Tea

- Fazloden drying → oksidasyonu durdurmak
 - green color
 - antioxidants
 - caffeine ↓
 - China & Japan
- } healthy

Oolong Tea

- Partially oxidized
- Green ile black arasında
- ^{aslında} taste > green
- black > oolong
- Taiwan

Black Tea

- 30% of tea consumption
- Fully oxidized
- High caffeine

Tea Brewing

1-Water Quality

- Cup of tea \rightarrow 99% water
- oxygen important
- best, use freshly drawn cold water
- if tap water is hard \rightarrow filter
- refill kettle with fresh water each time
- boil \rightarrow oxygen \rightarrow quality \downarrow

2-Temperature + 3-Time

Her çayın forkli sıcaklığı var.
Doğru sıcaklık + brewing (denkeme) zamanı ile her çay güzel olur.

teaspoon of tea per 300ml water.

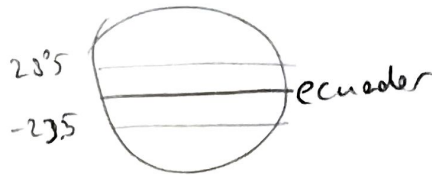
*White, green, oolong should not be left for more than 3 minutes

Myths & Facts

- Some herbal tea turn red.
 - \hookrightarrow Not chemical. Hibiscus
- Teabag & teapot material
 - \hookrightarrow made from banana tree. \rightarrow fiber structure \rightarrow not dissolve
 - \hookrightarrow not chemical
- I picked chemmile.
 - \hookrightarrow Dont. Many of them are poisonous
- Bagged tea are not good as loose leafs
 - \hookrightarrow Normal Türk çayı 15dk denleme. Denleme zamanı azalsın diye başka tür çaylardan koyuyorlar.

Coffee

Coffee Belt



1 - Grow

2 - Pick

- 5 years after plant
- berries green to red
- machine or hand

3 - Processing

- Dry
 - pulpy fruit removed from bean
 - old method
 - natural dry in sun
 - ^{beans} more body, less acidity
 - 2-4 weeks
- Wet
 - water,
 - fermented & washed
 - scrapped to remove pulp, then dried.
 - less body but more aroma

4 - Milling → removing fruit will be removed
→ ~~dry~~ green beans.

5 - Roasting → aroma develops

6 - Package

7 - ship

8 - Grinding → ground coffee

9 - Brewing

10 - Drink