



Date:

# DANBRO UPDATES

## COFFEE

Family - Rubiaceae

Genus - Coffea

Special - Arabica and Canephora

*Coffee is a beverage brewed from the roasted and ground seeds of the tropical evergreen coffee plant. Coffee is one of the three most popular beverages in the world (alongside water and tea), and it is one of the most profitable international commodities.*



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## COFFEE

When it comes to the most popular hot beverages in the world, coffee tops the charts, next only to tea. Considering the kick of caffeine a cup of coffee can give to elevate the energy levels and make the day productive, millions of people prefer to begin their day with it. The rich caffeine content is also one of the factors behind the bold flavour and unmistakably refreshing aroma of coffee. Over 60% of the overall coffee produced world-over comes from the Arabica coffee plant while the second most popular variety is robusta coffee.

### ARABICA COFFEE

Arabica coffee or Coffea Arabica, made from the Arabica coffee beans is also known as the Adam or Eve of coffee since it is likely the first type of coffee ever to be cultivated. The origin of Arabica coffee can be traced back to about 1000 BC in a region of the present-day south-western highlands of Ethiopia.



High-quality Arabica coffee has a milder taste with interesting, layered, and complex notes of sugar, fruit, and berries. Their acidity is slight or pleasant and the taste is bitter. The sweet taste may have hints of nuts, chocolate, or caramel and flavour varies depending upon the area of cultivation.

In India, there are more than 4,500 coffee plantations. Arabica coffee is cultivated in Odisha, Andhra Pradesh, Tamil Nadu, Kerala, and Karnataka. With record production of 2,33,230 metric tonnes, Karnataka is the largest producer of coffee in India.

### HEALTH BENEFITS OF COFFEE

Here is how coffee does a great deal of good to you:

1. It naturally holds caffeine
2. It is rich in phytonutrients and antioxidants
3. It packs useful vitamins and minerals
4. It is a great source of electrolytes and hydration
5. It aids weight loss

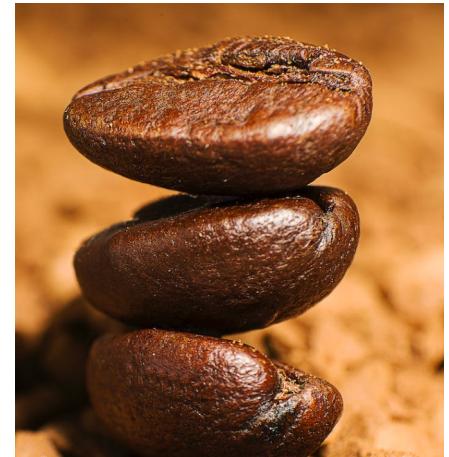
When consumed in moderate quantities, Arabica coffee is a great source of caffeine which aids energy boost to wake you up. As per the Academy of Sustenance and Dietetics, consuming not more than 200 mg – 300 mg of coffee daily can help you enjoy the caffeine kick without the side effects on your health like hypertension, sleep disorders, and anxiety.

Arabica coffee beans are rich in plant-based antioxidants which is known to have special anti-inflammatory effects. Regular consumption of black coffee can also help keep certain chronic diseases at bay. Phytonutrients are another form of plant compounds that further boost the antioxidant properties of coffee which fight against the free radicals damaging cells.

A regular cup of black coffee amounts to 0 calories and still gives an energy surge. It is for this reason, that coffee is one of the most preferred beverages amongst those watching weight. In fact, in certain diets, adding a teaspoonful of good fats like coconut oil to your regular coffee has also been known to boost metabolism, thus aiding weight loss.

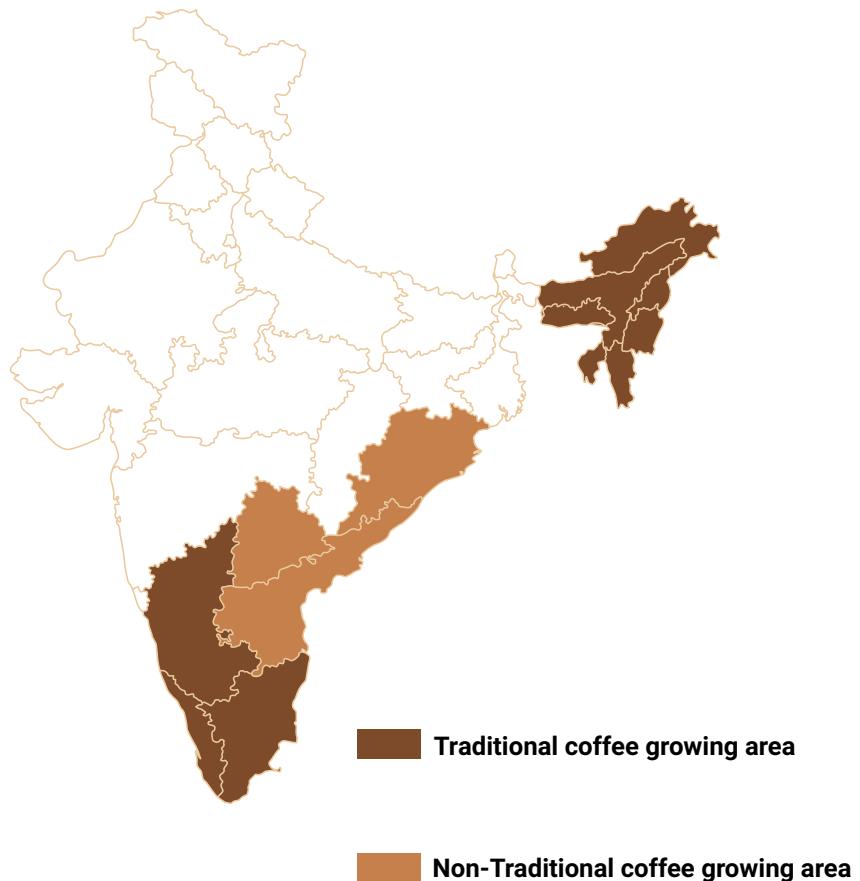
### ROBUSTA

Robusta coffee comes from the Coffea canephora and is the second most popular coffee in the world, behind arabica. Robusta originates in the Eastern Hemisphere and in lower elevations like Africa, Indonesia and Vietnam. The robusta used in our coffee blends originates in India.



Robusta has less acidity, making it taste a bit harsher and more earthy than arabica. Upon first taste, it has a bitter, oatmeal flavor with a peanut aftertaste. It is most commonly used to make instant coffee, espresso and dark roasts. Robusta has higher caffeine content per bean—almost double the amount than arabica. Robusta has a very small amount of sugar and lipids. Grown at lower altitudes in the Eastern Hemisphere, robusta plants are extremely resilient to pests and disease. While we love the high caffeine concentration in each bean, pests despise the bitter flavor and steer clear of robusta.

### PRODUCTION OF COFFEE IN INDIA



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## QUALITY ASSURANCE LABORATORY

This is our Quality Assurance Laboratory where we test the raw materials and final products to ensure that every bite of our baked goods is delicious, safe, and of the highest quality. Baking is both a science and an art, and our lab helps us to strike the perfect balance between the two.

At our lab, we test a variety of raw materials and finished goods. We use specialized equipment to measure their moisture content, protein content, ash, acid - insoluble ash, alcoholic acidity, fat estimation etc. as per the specification of FSSAI



that affect the quality of our baked goods. By analyzing these raw materials, we can ensure that we are using the best possible ingredients and adjust our recipes accordingly. One of the most important aspects of our lab is our commitment to sustainability.

At our bakery lab, we take pride in producing baked goods that are not only delicious but also safe, nutritious and sustainable. We believe that by combining the science of baking with the art of creating delicious treats, we can make the world a better place.



## CROISSANT

Croissants are a classic breakfast pastry that have become a staple in many households around the world. These flaky, buttery delights are perfect for starting your day off on the right foot, or for enjoying as a snack any time of day. Originated in Austria in 1686 during the war between Austria and Turkey. A group of bakers working at night in Austria heard the Turkish troops tunnelling under them and sounded the alarm which lead to their defeat.

Their reward was the right to create a pastry in the shape of the crescent on the Turkish flag. Originally it was similar to bread dough the French refined it to what we know today.

The finish paton needs to be chilled quickly and thoroughly. Freezing for 90 minutes is recommended, This will stop the yeast from overdeveloping overnight. This paton can be frozen for up 2 months, or the paton can be formed into product and those frozen for 30 days. Croissant is rolled into thin sheet and triangles are cut and rolled starting at the long side to create the classic crescent.



They are proofed, lower heat and humidity are necessary, if the proof box is too warm the butter will melt out of the dough. Croissants need to be baked thoroughly so the layers are cooked and correct structure is achieved.

This means that each croissant is baked to perfection and delivered to your local store or bakery while still warm and fresh. This attention to freshness ensures that you get the best possible taste and texture from every bite.

Croissants can be filled too. Chocolate batons are placed in rectangle pieces of croissant dough and are folded and sealed. These are called pain au chocolat. Ham and Cheese can also be placed in the rectangles and are folded and sealed up. These are called croissant jambon et fromage. Other savory or sweet fillings can be used in rectangle shaped croissants. It is key that they are segregated out and clearly labelled.



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SESSION  
2023-24



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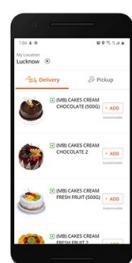
Add: Danbro Institute of Bakery & Culinary Art & Science,  
Danbro Tower CP3-CP4 Sector-B Jankipuram,  
Uttar Pradesh, Lucknow-226021

Our Institute was founded on 27th September 2021 with a aim to give world qualified chef's in bakery & Culinary. Our Institute is running under the guidance of Mrs. Tanu Shree Gupta (Founder of the Institute)

Danbro Institute of Bakery and Culinary Art and Science is a premier Organization and focussing on New and Advance Techniques of Market with skill development, Food Technology, Research and Development projects by developing platforms for Market Demands and Skill Acquisition and Skill Enhancement.



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## DANBRO PREMIX

Danbro Food Solutions Pvt. Ltd.



Making of Red Velvet Cake from DANBRO Premix

**DANBRO PREMIX:** We produce DANBRO Premix in one of our company i.e. DANBRO Food Solutions Ltd., we produce premixes at large scale industries and also at small scale. So that baking would become for everyone. With this we have an aim to make DANBRO a ONE STOP SOLUTIONS for every baker. We have different varieties of premixes available with us and they are as follows: - Red Velvet, Brownie, and Pizza Base for various sponges etc.

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Publisher Printer and Editor: Ramu Gupta on the behalf of Danbro by Mr Brown Bakery & Food Products Pvt. Ltd., Printed and Published at Central Store Lucknow, Danbro Tower CP3-CP4 Sector-B Jankipuram, Near Jankipuram Post Office, Lucknow, Uttar Pradesh - 226021