

CHAPTER 24 BEVERAGES

GENERAL

Beverages add enjoyment to the meal and provide liquids that help regulate the bodily processes. Coffee and tea are of little value nutritionally, but they are stimulants which temporarily remove the feeling of fatigue. Hot cocoa has nutritional value and is also stimulating. Chilled fruit drinks, milk drinks, and eggnog are refreshing and nutritious beverages. Preparing a good beverage demands as much care as preparing a meal. Beverage recipes can be found in TM 10-412.

COFFEE

Coffee can be prepared in an urn, a coffeemaker, a pot, or a kettle. Instant coffee can be used to make coffee in quantity or by the cup. Some general rules for brewing coffee are given in Figure 24-1 (page 24-1).

When making iced coffee, use only half as much water as you do for hot coffee. Cool the hot brew with cold water and serve in glasses containing ice. Always pour the hot brew into the cold water to prevent clouding.

Brewed coffee should have the following qualities.

- Clear and sparkling appearance.
- Delicious flavor.
- Good aroma.
- No bitterness.
- Little or no sediment.
- Proper temperature (hot or iced).

For special occasions or for variety, you can top both hot and cold coffee with a tablespoon of whipped cream. You can also top iced coffee with ice cream. Additional guidelines for brewing coffee can be found in TM 10-412 recipe card No C-G-1.

- **Use freshly ground coffee.**
- **Follow the manufacturer's instructions for the preparation methods best suited to the equipment in your facility.**
- **Always measure coffee and water accurately.**
- **Make only the amount needed for a meal. Use 6 1/4 gallons of coffee to make 100 8-ounce servings.**
- **Coffee should be ready not more than 15 minutes before serving.**
- **Hold the brew as near 185° F as possible for not more than one hour, keeping it covered at all times.**
- **Do not reheat coffee.**
- **Remove coffee grounds as soon as brewing is complete. Do not reuse them.**
- **Keep coffee-making equipment clean, as coffee oils cling to the equipment and become rancid upon contact with oxygen in the air. Clean equipment according to instructions in the manufacturer's guide.**

Figure 24-1. General rules for coffee

TEA

Store tea bags or leaves in a closed container to keep out foreign odors. Also, protect the tea from high temperatures. Excessive heat destroys the oils and causes the tea to have a flat taste. Avoid rough handling as this will crush the tea leaves. Tea can be made in an urn or a kettle or with individual tea bags or instant tea. Observe the same quality standards for tea as for coffee. Some general rules for steeping tea are given in Figure 24-2 (page 24-2).

Instant tea may be procured in both packages and jars. Use clean, cold water to make instant tea. Be sure to follow the manufacturer's directions for preparation and dispensing of the tea and cleaning of the tea dispenser.

COCOA

Store cocoa in a clean, cool, dark place--heat and light can cause it to become rancid. An airtight container will slow the rancidity rate and prevent the cocoa from picking up foreign odors. Combine and cook ingredients as stated in the recipe to avoid a starchy flavor and settling of undissolved cocoa. To prevent film from forming, prepare the cocoa close to serving time in a narrow-topped container. Shake it during serving so that air bubbles form on the surface. Properly prepared cocoa should be prepared according to the general rules in Figure 24-3 (page 24-2).

For variety, top each serving of hot cocoa with a marshmallow or whipped cream.

ICED FRUIT DRINKS

Iced fruit drinks are usually served during the summer months. Iced fruit drinks include lemonade, orangeade, grapeade, limeade, fruit punch, and variations of fruit punch.

Make lemonade, orangeade, grapeade, and limeade from one specific fruit juice (frozen, canned, or fresh). Make fruit punches from two or more different fruit juices. For variation, a tea base and slices or sections of fresh fruits can be added. Imitation fruit-flavor drinks are available in numerous flavors. When preparing imitation fruit-flavored drinks, be sure to use clean, cold water and follow the package directions. General instructions for preparing iced fruit drinks are given in Figure 24-4 (page 24-2).

Iced fruit drinks may be garnished with green or red maraschino cherries, banana slices, strips of pineapple, raspberries or strawberries, sprigs of mint, and melon balls.

- Use freshly boiled water.
- Measure tea and water accurately, and steep them about five minutes.
- Make tea close to serving time and keep it covered.
- If a cloth bag is used to hold the tea leaves, make sure that after the bag is tied, it is large enough to hold three times the amount used. The extra space is needed for the leaves to expand and for the water to circulate freely.

Figure 24-2. General rules for tea

- Have no undissolved cocoa in the bottom of the container.
- Be free of top film.
- Be free of starchy taste.
- Be the proper temperature.

Figure 24-3. General rules for cocoa

- Measure all ingredients accurately.
- When using fresh juices, strain the juices to remove pulp and seeds.
- When using slices or sections of fresh fruit in punches, wash the fruit and remove all seeds.
- Prepare drinks far enough ahead of serving time to allow for chilling. Use ice.

Figure 24-4. General rules for iced fruit drinks

CARBONATED BEVERAGES

Carbonated beverages are refreshing, highly acceptable, and available in many flavors through the TISA. Use ice-making machines along with carbonated-beverage dispensers. The dispensers must be kept clean and sanitary. The dispensers must contain a backflow prevention device to minimize the potential for carbon dioxide and other ingredients to backflow into copper lines, potentially causing an acute illness.

EGGNOG

Eggnog is available for serving during the holiday season. The eggs, milk, and sugar used in preparing eggnog make it highly nutritious. Requisition only enough for one meal, and refrigerate it until it is used. Cartons opened during the meal should be discarded at the end of the meal.