

CAFFE and ESPRESSO



Coffee is also known as espresso or *caffè*. It's something many can't start the day without. Italian coffee culture is unique to the world, and an integral part of Italian everyday culture. The country is perhaps the beverage's spiritual home. In Italy, the day starts with a cappuccino at breakfast, a *caffè macchiato* during afternoon break and an

espresso after dinner.

Coffee was introduced in Italy during the 1500s via Venice from Istanbul. Coffee was seen as a subject of controversy for religious reasons, as it had originated from Muslim countries. Only after being reviewed and approved by Pope Clement VIII, did it see a large boost in popularity. It was at first only consumed by the wealthy, who viewed it as an exotic treat. Only the rich could afford coffee since it was only possible to purchase it by prescription. The whole country was in the grip of coffee after the price fell sharply when it was no longer sold by prescription. Coffee houses started to pop up in the late 17th century, and it became more and more common to go out for coffee. Italy became world famous for its coffee after the espresso machine was patented in 1903. Today Italians drink 7 – 8 cups of coffee per day.

Each of Italy's 20 regions boasts its own unique coffee culture. Coffee may be found everywhere, but there are many regional twists to the coffee. In the northern Le Marche region, there is *caffè anisette* for an anise-flavored espresso; in southern Sicily, there is *caffè d'un parrinu*, an Arabic-inspired coffee flavored with cloves, cinnamon, and cocoa.

Italians have seemingly mysterious laws about coffee:

1. Do not order milky coffees after 11 a.m.
2. Order and drink your coffee first, then pay at the register.
3. Drink your coffee at the bar counter.
4. Finish your drink quickly and move on.
5. Only consume one coffee during your visit to a coffee shop.
6. Do not ask for a "to-go" cup.
7. Drink coffee any time for an afternoon pick-up, or after meals for digestion.

Things about coffee are unique in Italy. And what are unique are the types of coffee you can order:

- *Caffè al Bianco*: Espresso with nothing added
- *Caffè Americano*: Espresso with lots of water
- *Caffè con Panna* : Espresso with whipped cream
- *Caffè Corretto*: Equal parts espresso & liquor or alcohol
- *Caffè Doppio*: Double shot of espresso
- *Caffè Hag*: Decaf *caffè*
- *Caffè Latte*: Espresso with less foam, more steamed milk
- *Caffè Lungo*: Espresso with a little more water
- *Caffè Macchiato*: Espresso with a splash of foam on top
- *Caffè Marroncchino*: Espresso with cocoa powder & foamed milk
- *Caffè Normale*: Espresso
- *Caffè Ristretto*: Espresso with less water
- *Cappuccino*: Espresso with equal parts steamed & foamed milk
- *Latte Macchiato*: Steamed milk with espresso splash
- *Shakerato*: Espresso with sugar, shaken over ice

And to emphasize the importance of coffee in daily life, here are a few statistics:

- 14 billion espressos are sold each year.
- 270,364 people work as Baristas.
- Each coffee bar sells an average of 230.3 cups each day.
- Of those cups of coffee:
 - 59.8% sold as Espressos
 - 13.5% sold as Cappuccinos
 - 12.3% sold as Correttos
 - 9.9% sold as Macchiato
 - 4.5% sold as Decafinated Coffees

I guess you could say a good cup of Italian coffee is something to be enjoyed every single day.

References

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