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# Five Things Worth Knowing About Coffee

It's well known that billions of people around the world consume coffee daily. It's one of the world's most requested beverages, merely a notch behind tea. In the United States alone, 75% of the country's caffeine consumption is attributed to coffee. We also know for a fact that coffee keeps us alert and excited. It is a mood modifier. Its aroma alone could light us up. But what else do we know about our beloved beverage, not only in the morning but all throughout our fast-paced day. To keep us active, listed below are the top five fascinating things we need to know about coffee.

#### 1. The goats started it all

Coffee beans were claimed to have been founded by, well, goats. At some time in A.D. 800 in Ethiopia, a shepherd named Kaldi missed out his sleep after his goats--which munched red coffee berries--pestered him through the night. Intrigued by the stimulating outcomes of beans, the poor shepherd then brought the "culprit" to a monastery. The priests wasted no time and created a hot beverage out of the beans. The consequence--the beverage kept the priests sharp during prayers. Whether it's true or just a myth, it's one infamous story worthy of sharing.

Need some powerful awakening? Some coffee prepared by Delonghi Lattissima Black would do.

#### 2. It's not caffeine's mistake

What makes the dark-roasted coffee bitter? Most people will point their fingers to caffeine but a research demonstrated the element isn't guilty. A team of chemists from the Technical University of Munich in Germany examined the chemical characteristics of dark-roasted coffee and executed some taste testing and their fascination brought them to the realization that caffeine only attributes 15% of dark-roasted coffee's bitter taste. The leader of the research, Thomas Hofmann, delivered his team's findings while in American Chemical Society's meeting in Boston and identified antioxidants in roasted coffee beans as the source of all the bitterness. He explained that roasting greatly affects the degree of bitter taste and figured that the stronger coffee is roasted, the harsher it gets.

#### 3. The secret is in the brewing and roasting

It turns out that the secret to a great coffee is no secret at all. The techniques are in roasting and brewing them. The taste takes form while roasting, when the oil locks inside of the bean soon after arriving at about 400 degrees. As the oil gathers up, the taste gets better. The coffee's bitterness is a consequence of skimping on grounds while brewing and too much brewing.

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#### 4. Caffeinated and decaffeinated coffee are almost the same

They've been fooling you. A research learned that decaf coffees still consist of a minimal quantity of caffeine and that five to 10 cups of it is approximately one or two cups of coffee as it is. Decaffeination also requires a substance called methylene chloride.

#### 5. It may keep you "lively"

A research, on rodents at least, suggested that female rodents stimulated by caffeine have sex more frequently. In the case of real females, the research chief warned that caffeine could only be useful--for the sex drive goal--to individuals who aren't habitual caffeine drinkers. A further research is necessary to support the precision of this assertion though.

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