



# AFTERTASTE - THE HISTORY OF CHICORY COFFEE

Long history of restrictions and colonial trade agreements boosted chicory coffee as a coffee substitute.

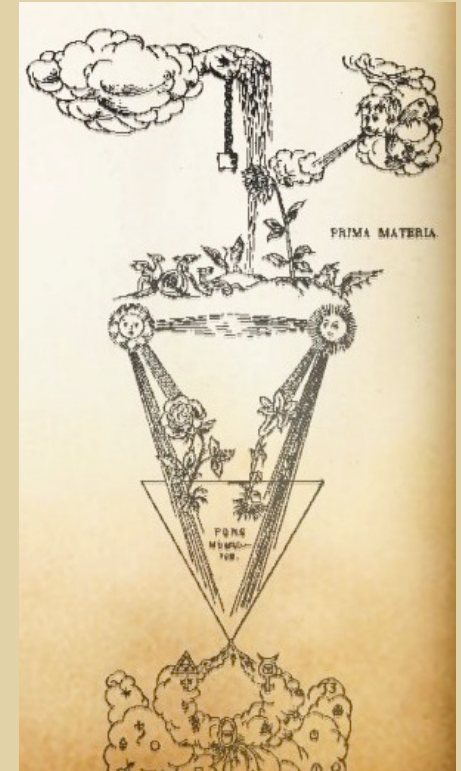
>GERMANY: Coffee was banned by the Prussian Empire as Evil. Instead, German beer was promoted. Wild chicory coffee was used.

> FRANCE: Chicory as a coffee substitute appeared in France with the Continental Blockade imposed by Napoleon in 1804 because imported goods would weaken his empire. Coffee and chicory are still often mixed in France.

> UNITED STATES: The U.S. CIVIL WAR (1861 to 1865): The “Union Blockade” resulted in no coffee available Southern USA. So French migrants imported chicory coffee as a substitute from France.

>THE GREAT DEPRESSION (1929 to 1939): No money = no coffee! A bad frost in Brazil plus global oil shortages caused the cost of coffee in Germany to increase 4 times. A lot of chicory was planted in Europe and in Great Britain.

CHICORY COFFEE NOW – considered to be the best universal substitute for coffee





# AFTERTASTE - WILD VERSIONS - CHICORY COFFEE

Rediscover the healthy value of wild plants around you:

***Cichorium intybus*: Traditional Uses, Phytochemistry, Pharmacology, and Toxicology**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3860133/>

COLLECTING THE WILD ROOTS:





# AFTERTASTE - WILD VERSIONS - CHICORY COFFEE

## WILD ROOT VERSION

- Pick the chicory and make sure you dig out all the root.
- Wash and peel the roots so that they are perfectly clean.
- Cut the roots in small even pieces. They have to be roughly the same width, so they roast evenly.
- Dehydrate the **chicory** in the oven at 100° C for an hour and a half. Once fully dry, turn the oven up to 150° C and roast until brown and crispy. The pieces of **chicory** should easily break in your fingertips.
- Grind the roasted pieces in a good grinder, according to your preferred brewing method (fine grind for espresso, coarse for French press).



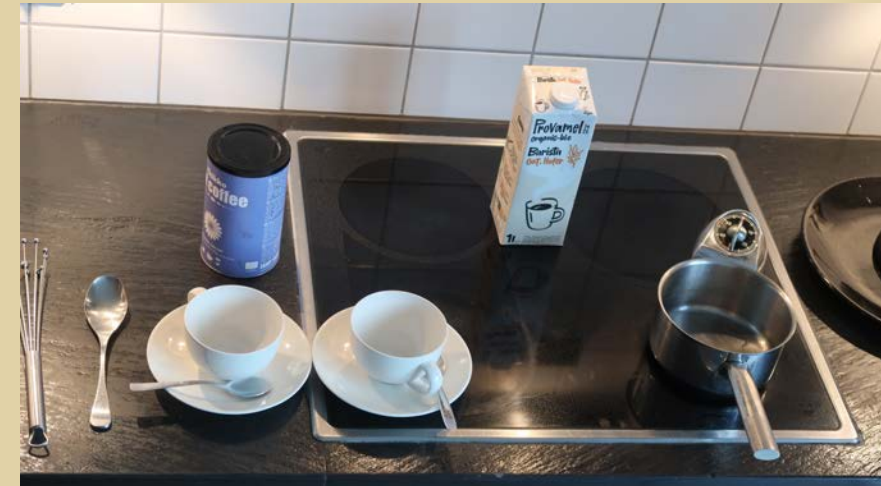


# AFTERTASTE - CHICORY CAPPUCCINO

NORMAL MILK CAN BE USED BUT HERE IS OUR VEGAN VERSION: using Oat Milk

1. Take one table spoon Chicco- not coffee
2. Add one table spoon of hot water
3. Mix into a paste until smooth
4. Take very cold milk. Shake it and pour it into a saucepan
5. And wait till the milk is warm, then beat it in a circular way while heating at no more at 60 ° C. Do not boil it.  
or  
Use a coffee steamer to steam the milk (see diagram)
6. Pour the milk in a circular motion or over the back of a tablespoon on top of the chicory coffee paste.
7. Top up with a shape by scooping out the foam with the spoon.

Yuka App - [Provamel](#)-  
Analysis  
Excellent Organic  
Fibre, 0.8 gm  
Energy 50 Calories,  
saturates 0.5  
Sugar 3.9  
Salt 0.1g



Ingredients



Result



# AFTERTASTE - CHICORY CAPPUCCINO



1



3 and 4



2



5

Diagrams for Chicory Coffee-  
Milk with hand steaming or use a coffee machine steamer.



## AFTERTASTE - CHICORY CAPPUCCINO

Enjoy! Chicory coffee belongs to the Phenolics family and is an anti-oxidant.

Please make the chicory coffee on Day 2 just before the taste test evaluation. It is needed for the sensory evaluation with the deserts.

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