

Our resident GP (and caffeine connoisseur) on why you should ditch those sugar-laden frappés for THE summer health drink

That coffee kick, but without the bad bits

By Dr Ellie Cannon

ASK my children what my favourite food is and the answer will be coffee. And I am very particular – some might say

obsessional – about what goes in my cup. If a guest comes in for coffee and says ‘I’ll just have instant’, they get a firm ‘Oh no you won’t’.

I have my chosen cafetière for the morning, with a different one for the weekend, and my coffee machine has pride of place in the kitchen so that I can easily make an espresso after lunch.

I’ve even introduced team coffee breaks (again, no instant) in my clinic, and at home we are currently enjoying ‘Baby’s Coffee’ from a micro-roastery I found while on holiday in Florida.

So of course I’ve been intrigued by the new trend that’s been popping up in coffee shops across Britain: the cold-brew.

No, it’s not a cup that’s been left sitting on your desk for too long, or hot stuff poured over ice. It’s basically ground coffee that’s been steeped in cold water for more than 24 hours and then drip-filtered.

It’s always served black, and connoisseurs claim the gentle brewing preserves the natural, sweeter flavour of the coffee bean, as well as the more subtle ‘tones’ of different roasts.

Health faddists swear that the process preserves far more of the much-hyped antioxidants that make coffee good for our livers and even help prevent diabetes.

After my first attempt at cold-brewing (I used ground beans from Union Hand-Roasted Coffee), I’m sold on its flavour. I can’t normally handle black coffee other than a quick single espresso as I find it too harsh, but I found the cold-brewed coffee is indeed much sweeter with no bitter aftertaste.

IWOULDN’T have considered adding sugar to it and it certainly didn’t warrant any milk or cream to drown out the flavour. Poured over ice, it has a lovely caramel-like coffee taste without any of the bitterness and, as we all know, black coffee is a zero-calorie drink.

I certainly noticed the caffeine buzz from it but loved the taste and it was really refreshing.

And what of the health benefits? Well, scientific evidence for most foods is always rather flimsy, and coffee is no exception.

There is evidence for and against drinking it, which you could fill pages with.

Either way, cold-brewed coffee is a healthier alternative to high street iced coffee drinks – both the ready-made and fresh varieties – that have



upwards of ten ingredients piling in the calories and additives. Because there is no need for sugar, sweetener, milk or cream, it’s also ideal for those on lactose-free diets or who choose to avoid dairy or sugar as a

lifestyle choice. The acidity of coffee certainly worsens dyspepsia or heartburn – a common condition for me to see in clinic and one for which we always ask about coffee habits. Cold-brew coffee is much less

acidic because there is no heat applied to it, so it may be wise for coffee-lovers who suffer heartburn symptoms to opt into it as it could irritate the stomach less. I’m definitely adding cold-brew

...AND HERE IS HOW TO

Make your own... COLD-BREW COFFEE

- 1** Put 250g of coarse-ground coffee in a large bowl and cover with 1.5 litres of cold water
- 2** Cover with a clean tea towel and leave for 24 hours
- 3** Filter twice – first sieve, then through a sieve lined with muslin or quality kitchen paper
- 4** Drink at once or store in a sealed container for up to four weeks

LES WILSON

coffee to my refreshment routine and I think fellow coffee-lovers who try it will be in for a treat too.

It tastes great and there is the added bonus that there may be a boost for your health.

5 of the best TRIED & TESTED COLD-BREW MAKERS

Want to savour the taste of home-made cold-brew coffee? Then give one of these clever gadgets, which all boast in-built filters, a try...

1 HARIO WATER BREW COFFEE POT 1 litre, £17

This sleek glass design can make and store a litre of cold-brew coffee, so it’s perfect for families. Just stir in 80g of ground coffee and top up with cold water, leave in the fridge for three to 24 hours, and pour straight from the pot. hario.co.uk



2 OXO GOOD GRIPS COLD-BREW COFFEE MAKER £44.99

Produces 12 to 14 espresso shots of sweeter-tasting coffee in under 24 hours. The concoction will keep in the fridge for up to a fortnight, while the dishwasher-safe maker stacks neatly together for easy storage. lakeland.co.uk



3 TODDY HOME BREW SYSTEM 1.6 litre, £45

This model may not be the most stylish, but US firm Toddy knows all about cold-brew, having patented the design back in 1963. This super-sized system can hold up to 340g of coffee and 1600ml of water, and it doubles as an iced-tea maker. coffeehit.co.uk



4 HARIO COLD-BREW COFFEE FILTER 750ml, £25

A good option for coffee-lovers on the go, this convenient bottle has a filter to keep coffee and coffee grounds separate, so you can place the bottle on its side without worrying about grounds escaping. It brews coffee in eight hours. Simply twist off the rubber lid to serve. hario.co.uk



5 IWAKE WATER DRIP 4 CUP COLD-BREW COFFEE MAKER 440ml, £32.99

Pour ground coffee into the coffee tank beaker, add cold water to the top tank and watch the mixture drip through over four hours. Coffee will be ready in 12 hours, but it’s recommended you leave the mixture in the fridge for up to three days. amazon.co.uk

