

Elizafeasts

Food, health and more food!

Getting Caffeinated at the Metropolis Coffee Tour

Learning about, cupping and tasting Metropolis coffee!

I was recently at [Metropolis](#) coffee and saw sheets mentioning their Friday roastery tour/open house at 1 pm. I've always wanted to go on a coffee roastery tour and was really excited to attend :) The Metropolis wholesale location is tucked away and very obscure.



We all got to wear glorious hairnets! Haha!



The wholesale location used to be a tannery and was recently converted. Metropolis opened in 2003 and focuses on doing everything by hand. Chris started off the tour by showing us the storage area.



Metropolis works closely with many companies and prides itself on maintaining freshness and quality. Orders are done by Thursday and Coffee is roasted Fridays and shipped right away. Everyone gets fresh roasted coffee!

Coffee beans are green before they are roasted.





Next, we check out the brewing process. Look at that beastly roaster! Metropolis takes careful care in their brewing process. A coffee blend combines 2 coffees. The coffees are roasted at different temps and combined later.







Beans are roasted and run through the destoner to clear out sediment and other various things. This is a pit of things filtered out with the destoner. Pretty eye opening finds!



Then the cupping! Inhale that amazing smell. We started off by smelling and then slowly poured hot water over the grounds. We let the coffee settle and then used spoons to stir and break up the grounds.



The team showed us their special slurping technique. Ahh, deliciousness!



The wheel has a range of different flavors, from tantalizing to downright gross. Cardboard yummy! The region the coffee beans are grown in determine its taste profile. Just like wine, there are many different flavors in the coffee.



I really loved this tour and recommend coffee enthusiasts to try this out 😊 Big thanks to Josephine Reyes for taking photos for the blog 😊



