

THE FORTY YEARS COFFEE



Turkish Coffee and Fortune Telling

*a Journey Through Taste,
Tradition & Tales*



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Introduction: What is Turkish Coffee?

Turkish coffee is more than just a drink; it's a centuries-old ritual that symbolises hospitality, respect, and connection. Brewed from finely ground Arabica beans and served unfiltered, this small yet strong cup of coffee carries a legacy rooted in Ottoman culture. Its velvety foam, intense flavour, and thick sediment at the bottom make it unlike any other coffee in the world.



Served with a glass of water and a piece of Turkish Delight, Turkish coffee invites slow sips and warm conversation. It is recognised by UNESCO as an Intangible Cultural Heritage of Humanity for good reason —the tradition continues to bind generations together across time.

A Cultural Ritual: Turkish Coffee in Social Life

Turkish coffee has been part of daily life since the 16th century. In the Ottoman Empire, it formed the heart of social gatherings in "kahvehane" (coffeehouses), where people discussed politics, literature, and philosophy. These venues became known as the "schools of the wise."



Even today, Turkish coffee is a cornerstone of social interaction. Whether served to guests at home or enjoyed with friends at a modern cafe, it conveys a message of hospitality and community. It's a tradition still practised in engagement ceremonies, where the bride-to-be offers coffee—sometimes playfully with salt instead of sugar—to the groom's family.

The Story Behind "The Forty Years Coffee"



The name "The Forty Years Coffee" comes from a Turkish saying: "Bir fincan kahvenin kırk yıl hatırlı vardır" — "A cup of coffee has a memory of forty years."



This proverb celebrates the enduring value of kindness, friendship, and shared experience. It's the very inspiration behind our workshops. At "The Forty Years Coffee," we share more than a cup; we share stories, heritage, and the art of meaningful pause. Rooted in Turkish tradition and brought to life in Melbourne, our mission is to create memorable moments through the cultural richness of Turkish coffee.

Brewing Guide: How to Prepare Turkish Coffee

What You Need

A cezve (traditional coffee pot)

Finely ground Turkish coffee

Sugar (optional: no sugar, medium sweet, sweet)

Cold water

Small coffee cups



Brewing Guide: How to Prepare Turkish Coffee

9 Steps of Perfect Coffee

Step
1

Measure 1 cup of cold water per person using the coffee cup.

Add 1-2 heaping teaspoons of Turkish coffee per person.

Step
2

Step
3

Add sugar to taste (never stir after heating begins).



**Mix all ingredients while cold in the
cezve.**

**Step
4**

**Step
5** **Place cezve over low heat. Do
not stir again.**

**As foam rises, remove cezve just
before boiling.**

**Step
6**



**Step
7** **Distribute foam equally into cups
using a spoon.**

**Return cezve to heat; allow another
rise, then pour remaining coffee into
cups.**

**Step
8**

**Step
9** **Serve with water and a piece of
Turkish Delight.**

Fortune Telling 101: The Art of Reading Coffee Grounds ("Fal")



Getting Started

- Drink the coffee slowly, leaving the grounds at the bottom.
- Place the saucer on top of the cup and flip it.
- Let the cup cool and the grounds settle.
- Lift the cup and interpret the shapes.



Glossary of Common Symbols

**Heart**

Love, affection

**Bird**

News, freedom, a journey

**Snake**

Warning, betrayal, change

**Tree**

Growth, stability

**The Fish**

Wealth, good fortune

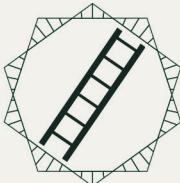
Glossary of Common Symbols



Eye
Protection, jealousy



Ring/Circle
Marriage, wholeness, a cycle



Ladder
Promotion, progress



Key
New opportunity, solution



Horse
Power, unexpected help

Thank You for Sharing a Cup with Us

Turkish coffee is more than a drink—it's a shared moment, a story, and a connection. We hope this booklet gave you a taste of that tradition.

Follow us on Instagram [@the40years](#) to stay in touch. If you enjoyed your experience, we'd be grateful for a quick review on [ClassBento](#).

You can also book another session or arrange a private workshop for your team or group—at a venue that suits you.

Just scan the QR codes below to follow, book, or contact us.

We'll be here, with coffee ready.

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