

## Brew Guides

### French Press Recipe

The French Press winds up being a lot of people's introduction to home brewing. And for good reason. It's sleek, simple, and makes a darn tasty cup of coffee (or multiple cups, which is an added bonus).

What you need:

- French Press
- Grinder
- 25g ground
- Hot water just off the boil (195-205F)
- Stirrer
- Timer
- Coffeebar-branded mug

#### No.1 Coarse Of Course

Set your water to boil and measure out the coffee you'll use. You're gonna want to go with a coarser grind on this one. The French Press is a full-immersion brew method, so you need a longer extraction time, which means too fine a grind could potentially lead to extracting undesirable flavors and astringency. So a coarser grind, think pepper, and you'll be good to go.

#### No. 2 Preppin' The Press

Remove the plunger from the French Press and set it off to the side. Freshly ground coffee goes into the pot, and set it on the scale. We'll use a 1:14 ratio of coffee to water for this one. The French Press is all about highlighting body and sweetness, so we want a higher dose of coffee than some other brew methods require to help achieve that. Our 25g of coffee means we'll be using 350g of water for this brew. As this brew method is quite forgiving, adjusting the amount for more or less coffee is as straightforward as adding more (or less) coffee and using the corresponding amount of water per our 1:14 ratio.

#### No. 3 Immerse yourself

Pour in your coffee, start your timer and add in 350g of water, just off the boil. After a minutes or so stir the crust that's formed at the top, allowing the ground to fall to the bottom then place the plunger in, above the liquid level to keep the brew nice and insulated.

#### No. 4 The Wait

Our golden number for the French Press is a 4-minute brew time. Feel free to adjust that up to a minute either direction, depending on the strength you'd prefer. This is your coffee after all. Once you've reached the desired time, it's time to plunge. You should encounter some resistance whilst plunging, but not an extravagant amount. A good guideline is to use two fingers to press down the plunger. If it gets stuck halfway down and seems like it would require more force, don't panic. All that means is too many grounds are pressed against the metal filter. Simply lift the plunger back up a half an inch, allowing the grounds to fall away, and then continue plunging until you reach the bottom. Or as close as you can get to the bottom, seeing as there are now coffee grounds there.