

Tip Sheet for **French Press Brewing** from Sweet Maria's

The advantages of French Press brewing are many:

- No paper filters to dispose of, to absorb aromatic coffee oils or impart a "paper taste" to the coffee
- Total control over water temperature and brew time.
- It's simple, quick and fairly easy to clean up. I don't mind the additional sediment in the coffee, because there is also more body.

... but is French Press Brewing for everyone? No!

- There is more sediment: you never take that last sip. To manage the sediment, you need a decent burr mill that can grind evenly. If you have a whirling blade mill, try an additional Nylon Filter to help manage the sludge.
- French Press brewing is used to make coffee to consume immediately; do not leave the coffee in the press for any length of time; even in the plunged position it continues to extract. Tailor the size of the press or the amount you make to what can be consumed in 10 minutes or so. Don't try to keep it warm. For that reason, I discourage the "travel press" design in which the press doubles as a cup and you drink out of it. If you need hot coffee for a longer period and want to use a press, decant the coffee into a thermos after brewing,
- Heat loss during brewing is one of the major drawbacks to French press brewing. You may need to adjust grind, and perhaps wrap a towel around a single wall French press to reduce heat loss.

These are intended as a "starting point" for French press brewing - ultimately you will figure out the best and most convenient ways to use these brewing devices, so please remake, twist, turn, distort, decompile, torch, grind and brew these instructions to suit your own needs! General brewing comments are here:

www.sweetmarias.com/grind.brew.php

Recommended French Press Brewing Method

- Use a grind just a few notches coarser than filter drip.
- Pull the lid and plunger out of the glass beaker. Add one standard coffee measure (9 to 11 grams by weight is the standard) per 6 oz. water. Many presses measure cups in small 4 oz (about 125 ml) size called a Tasse. A 3 Tasse press makes about 12 ounces maximum. (That's one mug of coffee for many people!) Buy a press that's just a little larger than you need because you can always make less.
- Pour the correct amount of 195 to 205 degree water into the press, slowly at first to avoid creating a dry island of coffee grounds. Allow the coffee to float to the surface, which much of it should, Don't overfill; the water/coffee needs to be just below the bottom of the beaker spout.
- Pick up the plunger by the knob so that the lid is down against the screen. Place it lightly on top of the press so that it keeps the heat in, but does not start to push down on the coffee/water. Leave for 1 minute.
- Then either remove the lid and briefly stir with a spoon, or (and this is what I do) carefully swirl the press in a circular motion to agitate the brew and make the grinds sink. (Not all the grinds sink, they resurface. If all the grinds have sunk, you probably let it brew too long). If you removed the top, replace it.
- After another 3 to 4 minutes, begin to plunge. **Please note:** Due to heat loss, you may need to lengthen extraction time. Adding more coffee does not necessarily result in stronger flavor.; adjust your grind and extraction time. Holding the lid in place with one hand, carefully push the knob at the top to force the plunger screen downward, moving the grinds to the bottom. Take care at first, because it's easy to have the filter disc in crooked and allow a flurry of grounds to escape around it. If disaster strikes, don't worry. Pull out the plunger and lid completely, rinse quickly in hot water, and start over.
- Pushing steadily the plunger should reach the bottom in 20-30 seconds or less. There will be some resistance. Pour, serve, don't save it! Coffee is best right away, within the first 10 minutes. Don't try to keep it hot, just make more fresh coffee if you need it. Enjoy!