

sweet maria's

French Press Brewing Tip Sheet

It's not clear where or when the French Press was invented, but an Italian patented it first!

- French Press brewing is one of the simplest brewing methods. You don't need any extra filters and you have total control over brew time and water temperature.
- French Press coffee does have more sediment than coffee made with other brewing methods. The key to managing sediment is an even grind. Burr grinders really work best for grind consistency; if you use a blade grinder, expect more sediment.

Recommended French Press Brewing Method

1. Use a grind just a few notches coarser than regular drip. If the coffee tastes thin, try a finer grind. If there is too much sediment, try a coarser one.
2. Remove the lid and plunger from the beaker and add your coffee according to the size of your press.
4 Cup (17 oz.): 3.5 scoops (25.8 grams)
8 Cup (34 oz.): 7 scoops (51.7 grams)
12 Cup (51 oz.): 10.5 scoops (77.5 grams)
3. Heat water to 195-205 degrees (just off boil). Slowly pour the water into the press, saturating all the grounds. Stop just below the French Press spout and allow the grounds to float to the surface.
4. Place the lid and plunger into the press with the handle fully extended just to keep the heat in. Do not start to push down on the coffee yet. Let it sit for 1 minute.
5. Remove the lid and stir the coffee or carefully swirl the press to agitate the brew and make the grounds sink.
6. After a total time of 4 to 6 minutes, begin to plunge. Hold the lid and carefully push the plunger, pushing the grinds to the bottom. Check that the filter disc is not crooked. A crooked disc will allow a flurry of grounds to escape. If disaster strikes, remove the plunger and lid, rinse them in hot water and start over.
7. Enjoy your brewed coffee while it's fresh. Don't let your coffee sit in the press because even in the plunged position the coffee will continue to extract. Or you can decant the freshly brewed coffee into another preheated vessel, if you want to keep it around for a while without it continuing to extract and become bitter.