

pampered|chef

COFFEE

Guide

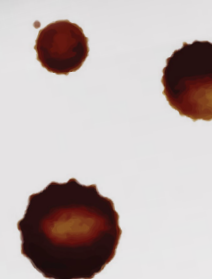
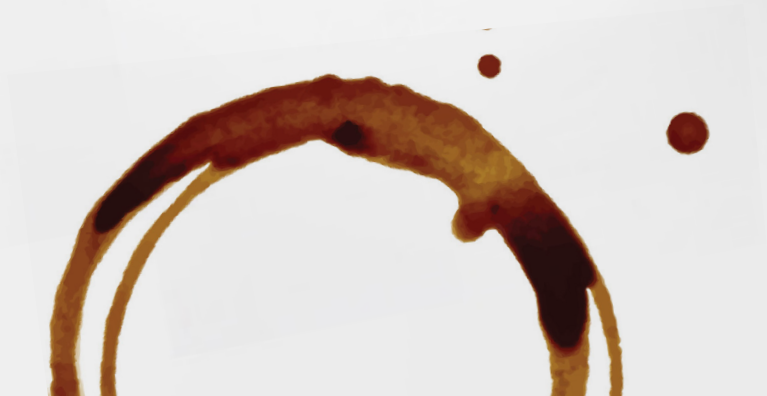


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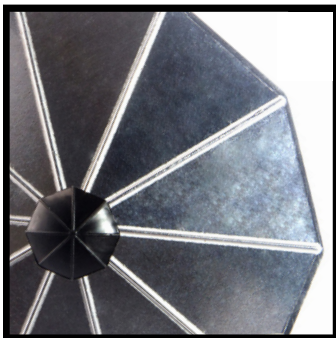
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Coffee is one of the most popular drinks in the world.



It has a place in every meal, as a morning jolt of energy, an afternoon pick-me-up, or an after-dinner treat. It's made its way into ice cream, cakes, and cookies. Coffee is iconic.


It makes sense that a beverage that has so deeply permeated our culture offers plenty of variety. There are many ways to brew coffee that leave you with dramatically different results. From the thickest espresso to the lightest drip brew, there's a coffee method out there for everyone.

Here's a look at some of the most popular brewing methods and how to use them.




THE BASICS

When you're measuring coffee, it's better to do so by weight. Scoop density can be affected by:

 **GRIND** _____

 **TYPE OF COFFEE** _____

 **HUMIDITY** _____

Weight is more reliable, and you'll always know you have the right ratio.

Recommended ratio:



10 GRAMS
of coffee per cup.

You can tweak it if you prefer your beverage more or less strong.



Pre-ground coffee can definitely save you time in a pinch, but buying beans and grinding them yourself can make a world of difference. When coffee is ground, it releases flavor. The longer ground coffee sits, the more it loses its punch. Store coffee beans (ground or whole) in a cool, dry, dark place.

POUR-OVER

The odds are good you're already pretty familiar with pour-over, as this is the most common way to make coffee.

Most coffee makers use this method, and systems like Chemex do as well. Coffee makers do the heating and pouring for you, while Chemex and other pour-over systems give you more direct control of the process.



BEST TEMPS FOR POUR OVER:
200°F.



GRIND:
Fairly coarse (think sea salt).



TECHNIQUE TIP:
Pour slowly and steadily.

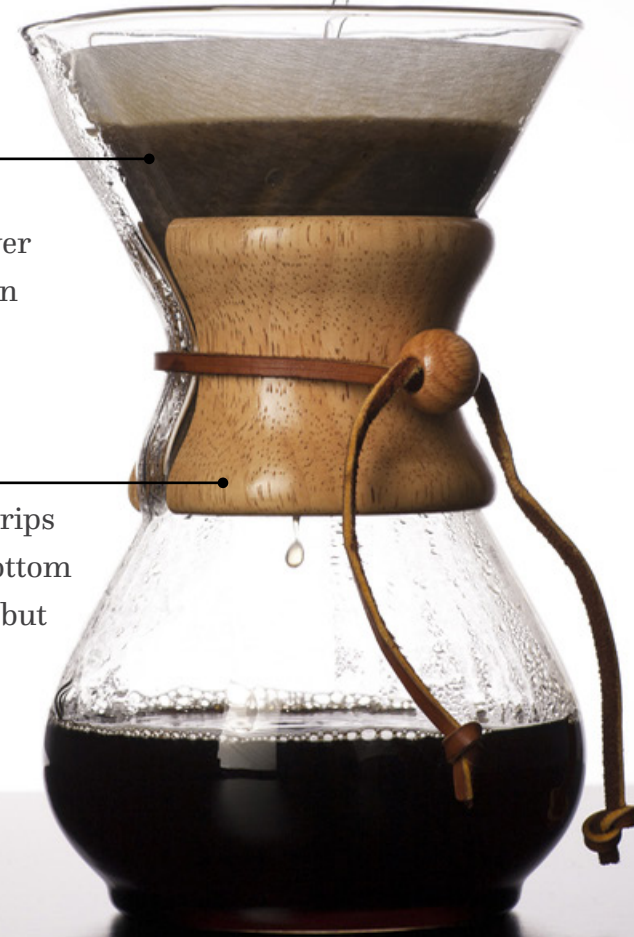
Tip: *If you're pouring yourself, pre-wet the filter thoroughly and pour slowly and steadily into the middle of the coffee for a smooth, robust flavor.*

1

Hot water is poured over coffee held in a fine filter.

2

The liquid drips out of the bottom of the filter, but the grounds stay behind.



FRENCH PRESS

Where pour-over coffee picks up the flavor of the beans as it passes through them, a French press extracts all of the flavor from the beans through a steeping process.

This gives you an oilier, fuller flavor than most other coffee-making methods. However, it can also leave you with grounds leftover in your final product. It's a trade-off, but many press enthusiasts consider the process well worth it.

🌡️ BEST TEMPS FOR FRENCH PRESS:
90 – 200°F.

☘️ GRIND: *Even, coarse grind.*
● You want uniform, large particles.

★ TECHNIQUE TIP: *Plunge gently to reduce the likelihood of getting grounds into your brew.*

1 —————
Pour in the ground beans.

2 —————
Add the water and wait.

3 —————
Press on the plunger. The plunger is attached to a filter that pushes down the grounds.



MOKA POT AND PERCOLATOR

A *moka pot* has three chambers. You boil water in the lower chamber, the force of which pushes the water up through the middle (full of coffee) and out into the top. This creates a strong, espresso-like drink.

🌡️ BEST TEMPS FOR A MOKA POT: Use freshly boiled water in the bottom chamber for a quick brew.

● GRIND: Very fine.

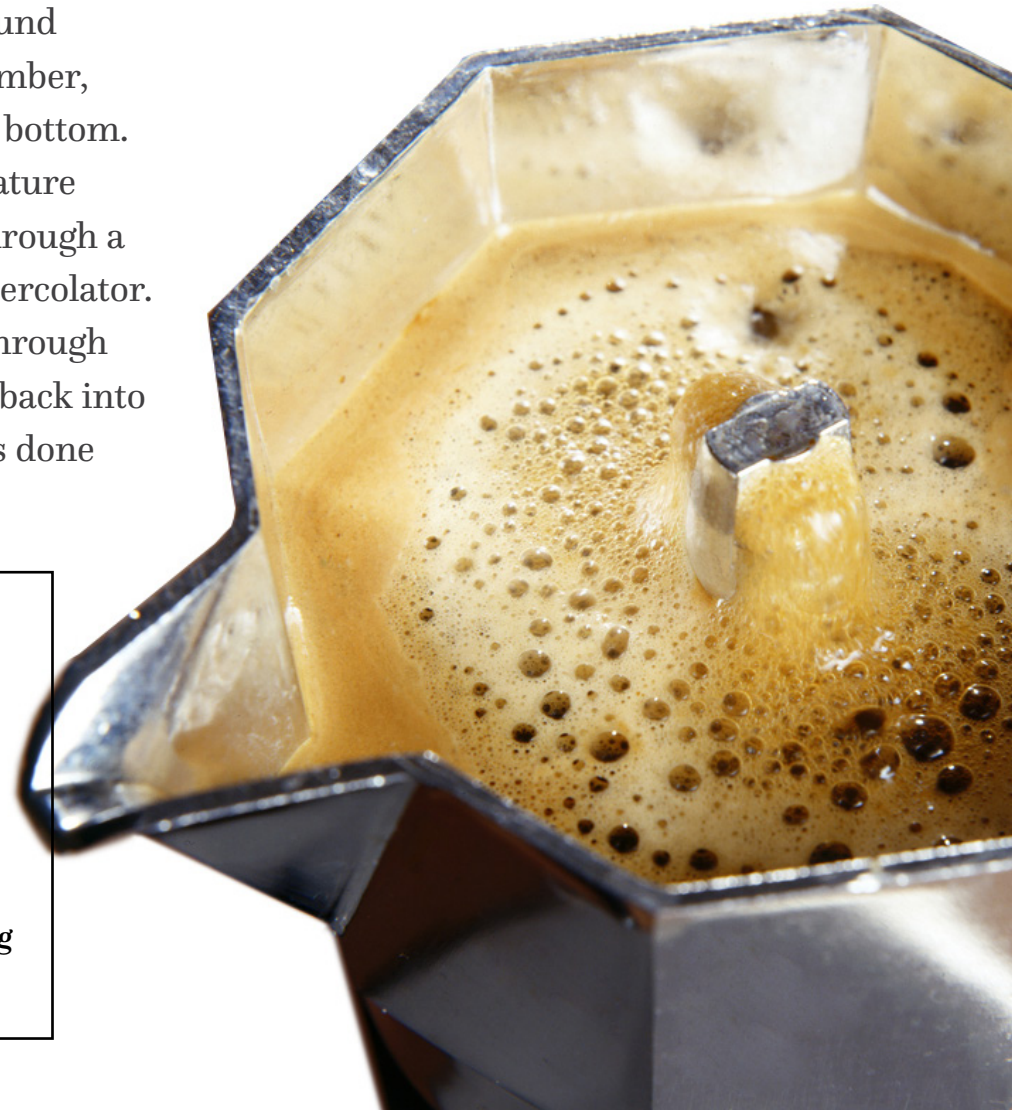
★ TECHNIQUE TIP: The whole pot will be hot – be careful!

Percolators use a similar process. You place ground coffee in an upper chamber, and water heats in the bottom. As the water's temperature rises, it's pushed up through a tube to the top of the percolator. This water then falls through the ground coffee and back into the lower chamber. It's done when it boils.

🌡️ BEST TEMPS FOR A PERCOLATOR: Room temperature.

● GRIND: Coarse.

★ TECHNIQUE TIP: Don't brew past the boiling stage.



ESPRESSO

If you need a caffeine rush or just want some serious coffee flavor, an espresso is just the thing. Though the moka pot can make a solid facsimile of espresso, you need an espresso machine to get the real thing.

Espresso machines use pressure and high heat to create their product. Water close to boiling is forced through a tightly packed puck of coffee, which makes for a thicker, more concentrated beverage. It has a strong flavor and often takes some getting used to, and can be used to make lattes and other drinks.



BEST TEMPS FOR ESPRESSO: *Room temp to start.*



GRIND: *Very fine.*



TECHNIQUE TIP: *Bitter espresso? Try shortening your brew time.*



COLD BREW

Iced coffee is incredibly popular, and for good reason. Cold brewing your coffee is a great way to make iced coffee that holds onto its flavor. Instead of having to cool warm coffee down with ice, which dilutes the taste, you simply have to pour and enjoy!



BEST TEMPS FOR COLD BREW: *Room temperature.*



GRIND: *Very coarse.*



TECHNIQUE TIP: *Filter through cheesecloth and a strainer for a sediment-free batch.*

- 1. Pour ground coffee into a container, then gradually add your water.*
- 2. Gently stir it so it's well-combined, and cover.*
- 3. Let it sit at room temperature for at least 12 hours, then strain and move into the fridge. Cold-brew coffee will keep for up to two weeks.*



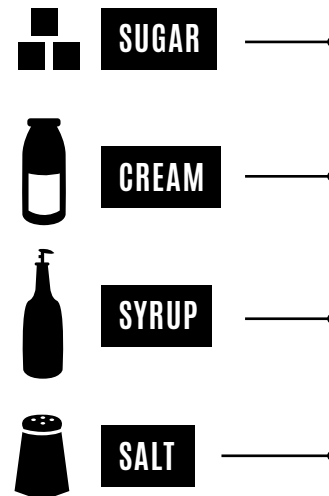
MIX-INS AND CONCLUSION

Though plenty of people like their coffee dark, there's nothing wrong with enjoying add-ins.

The classics – sugar and cream – can make for an excellent cup of joe. Flavored syrups are also a great option, since they can add flavor without affecting texture the way creamers do.

One surprising add-in you may have never considered: salt. Sprinkling some salt on top of your coffee removes any bitterness created in the brewing process.

Now that you know just a few of the different ways to make coffee, you can try out different methods and see which you like best. Since each technique produces a slightly different product with unique nuances, you might find that you love them all!



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