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Beginner lessons for French Press

Master the French Press for Perfect Coffee Every Time!

DEFINITION

> The French Press is a simple coffee brewing method that uses steeping and pressing to extract flavors. It's favored for its rich taste and ease of use.

KEY CONCEPTS

Coarse Grind

Use coarsely ground coffee beans to prevent clogging and over-extraction.

Water Temperature

Ideal water temperature is around 200°F (93°C) for optimal flavor extraction.

Steeping Time

Let the coffee steep for about 4 minutes for balanced flavor.

Pressing Technique

Slowly press the plunger down to separate grounds from the brewed coffee.

Coffee-to-Water Ratio

A common ratio is 1:15, meaning 1 part coffee to 15 parts water.

EXAMPLES

→ Use 30g of coffee with 450ml of water for a strong brew.

→ Steep for 4 minutes before pressing down the plunger.

→ Experiment with grind size to find your preferred flavor.

MEMORY TIPS

★ Remember 'Coarse, Hot, Steep, Press' to recall the brewing steps.

★ Think of '1:15' as a simple ratio for coffee and water.

★ Visualize a timer for 4 minutes to perfect your steeping time.

COMMON MISTAKES

✗ Using fine grind which leads to bitter coffee and clogging.

✗ Not measuring coffee and water, resulting in weak or strong brews.

✗ Pressing too quickly, causing grounds to escape into the coffee.

QUICK RECAP

The French Press is an easy way to brew rich coffee by steeping coarsely ground beans. Remember to use the right grind, water temperature, and steeping time for the best results.