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Beginner lessons for French Press

Master the French Press for Perfect Coffee Every Time!

DEFINITION

The French Press is a manual coffee brewing method that uses immersion to extract flavors. It involves steeping coffee grounds in hot water before pressing them down with a plunger.

KEY CONCEPTS

Coffee-to-Water Ratio

A standard ratio is 1:15, meaning 1 gram of coffee for every 15 grams of water.

Coarse Grind

Use a coarse grind to prevent clogging the filter and ensure optimal extraction.

Steeping Time

Allow the coffee to steep for about 4 minutes for balanced flavor extraction.

Pressing Technique

Press the plunger down slowly and steadily to avoid agitation and bitterness.

Serving Immediately

Pour the coffee right after pressing to prevent over-extraction and bitterness.

EXAMPLES

- Use 30 grams of coffee and 450 grams of water for a full pot.
- Steep for 4 minutes before pressing down the plunger.
- Serve the coffee in pre-warmed cups for better taste.

MEMORY TIPS

- ★ Remember 'Coarse, 4, Press, Pour' to recall the steps.
- ★ Think of '1:15' as 'one cup, fifteen minutes' for coffee-to-water ratio.
- ★ Visualize a French flag to remember the French Press method.

COMMON MISTAKES

- ✗ Using too fine a grind, leading to a bitter taste.
- ✗ Steeping for too long, causing over-extraction.
- ✗ Not preheating the French Press, resulting in cooler coffee.

QUICK RECAP

The French Press is a simple brewing method that requires a coarse grind and a 1:15 coffee-to-water ratio. Remember to steep for 4 minutes and serve immediately for the best flavor.