

Title:

French Press - Making Great Coffee

Word Count:

505

Summary:

If you want a good cup a coffee, you will need to add some oil. Coffee oil is very flavorful and improves the taste of coffee, but it is lost during the normal filtered brewing process. Coffee made with a French press doesn't pass through a filter so you don't lose those natural aromatic coffee oils. Most coffee lover's agree that a French press makes a superior cup of coffee.

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Keywords:

french press coffee

Article Body:

If you want a good cup a coffee, you will need to add some oil. Coffee oil is very flavorful and improves the taste of coffee, but it is lost during the normal filtered brewing process. Coffee made with a French press doesn't pass through a filter so you don't lose those natural aromatic coffee oils. Most coffee lover's agree that a French press makes a superior cup of coffee.

A French press (sometimes called a coffee press) is usually a glass cylinder with a plumber like device inside. You place your coffee grinds inside and pour hot water into it. The water should not be boiling or you will scald your grinds, which will affect the taste. 200 degree water is the optimum temperature for a fine cup of coffee. If you're using a kettle to heat your water, remove it from the heat before it starts whistling. Either that or you can let the water boil but let it sit for a few minutes before pouring it into your coffee press. Remember to leave at least an inch of space when filling up the French press.

Coffee beans that are ground too finely will clog the filter. You will probably be okay with automatic drip coffee grinds but the best way to enjoy French press coffee is to grind the beans yourself. Try to grind the beans to a size a little bigger than automatic drip coffee grinds. This may take some practice to get comfortable with your coffee grinder but it's worth it. And remember that once you grind your coffee beans they should be used immediately or kept in an air

tight container to keep them from getting stale.

Let the coffee steep in the water for about 4 minutes. Now it's time for the press part of the French press. Place the French press on a no slip surface and slowly and smoothly press the plunger down. Press too hard or too quickly and in a worst case scenario, you could have boiling hot water shoot out all over you. This step is how the coffee grinds are forced to the bottom of the container and you're left with delicious fresh brewed coffee in the top chamber. You are now ready to pour and serve.

The French press has undergone a makeover in recent years. Manufacturers have added French presses to travel mugs and thermoses. As long as you have hot water you can make a fresh brewed cup of coffee anywhere. And most of these travel mugs and thermoses are insulated so that your coffee will stay warm longer.

With coffee becoming such an important part of most people's days, isn't it time that we pampered ourselves with a better tasting brew. The French press is an easy and flavorful way to make a cup of coffee. So if you're tired of the brown water that comes out of coffee vending machines in your office, then the French press is perfect for you.