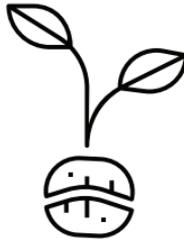


A HANDS-ON GUIDE FOR
**BREWING
BETTER
COFFEE**





HOME BREWING IS EASY AND FUN!

As a coffee professional, I love sourcing, roasting, and brewing high-quality coffee to be shared with the masses. But I also love to make coffee at my home! There's nothing like the ritual of grinding some fresh coffee and brewing it in the kitchen - first thing in the morning, after a long meal with friends, or for that afternoon treat.

Making coffee at home can be easy, quick and fun. You don't have to spend a ton of money on a high-end espresso machine; there are many ways to brew coffee that are simple and delicious. This booklet contains some tips, recipes, and advice to help you make delicious coffee without going out your front door.

For additional information, recipes and tips:

Please visit <http://zachbrews.coffee>

GETTING STARTED: THE ESSENTIALS

START WITH GREAT COFFEE!

As with anything that you make or bake, it's important to start off with high-quality ingredients. High-quality beans can be found at specialty coffee shops (in-store & online) and a few select grocery stores (Market of Choice, Whole Foods and New Seasons).

Coffee is at its best within a month of roasting, so consuming it within this time will allow you to get the best from it. Good coffee roasters will put their roast date on the bag, generally speaking, the coffee will stay tasting good up to 3-4 weeks from this date. Coffee with very little transparency is rarely high quality, so look for names of the coffee farms, the country it was grown in, the variety, and so on.

It's recommended that you store your coffee beans in a cool, dry and dark place. Avoid light, heat, and moisture, as they accelerate the oxidization and staling of beans.

WATER MATTERS, TOO

The quality of the water you use is also really important as it makes up a big percentage of

your coffee beverage. We're lucky in Portland to have great tap water without too many minerals. If you find that your water does taste like it had elevated levels of chlorine or minerals, it's suggested you filter your water for brewing.

USE A RECIPE

The coffee-to-water ratio is the main element that will determine the strength of your drink. Using more coffee can make your drink stronger, but if you use too much, the water won't dissolve it as easily and it may end up tasting sour. Using less coffee can make your drink weaker, but if you use too little, it can end up being over extracted and tasting bitter. As with baking a cake or a loaf of bread, it's essential to use a recipe when brewing coffee. In this booklet, there are some tried and true recipes for a few different brewing methods.

KEEP IT CLEAN

It's really important to keep your coffee equipment clean! Dirty brewers hold onto coffee oils, which go rancid over time and can negatively affect even the most carefully brewed coffee.

GETTING STARTED: THE TOOLS

GRINDER

When it comes to grinding, coffee can be compared to pepper: it's always better when you grind it fresh. Pre-ground coffee loses its aroma very quickly (in under 30 minutes) and the flavor of the brewed coffee will be dull and stale. To make delicious coffee, grind your beans right before you brew.

CHOOSING A GRINDER

We recommend investing in a "burr" grinder for your coffee. Burr grinders will grind your coffee evenly, allowing for a consistent extraction of your grounds, and a more balanced, delicious cup of coffee. (As opposed to blade/spice grinders, which chop beans into varying size particles and result in an unevenly extracted drink.) Burr grinders also allow you to carefully adjust the size of your grind, enabling you to fine-tune your brew.

GRIND SIZE

Once you've chosen your brewing equipment, you'll need to ensure you have the grind size to match. As a general rule, coarser particles should be paired with a longer brewing time (like French Press), and finer particles should have a shorter brewing time (like Espresso).

If you're unsure about grind size, you can always email tips@zachbrews.coffee to find out the best grind size for the brew method that you're using.



HOT TIP!

Burr grinders can have flat or conical burrs. There are a ton of different grinders out there, here are two that are recommended and won't break the bank.

The Porlex Hand Grinder:

This stainless steel hand grinder is perfect for travelling or making coffee at Home for one or two.

The Baratza Encore Grinder:

A winner for home use. It's easy to use and clean and helps produce a seriously good cup of coffee.

GETTING STARTED: THE TOOLS

SCALE

A digital scale makes brewing coffee much easier. It helps you weigh out both the amount of coffee you require and the amount of water you'll use. It may sound like more work but, please believe, it will help ensure that you make a consistently delicious cup of coffee every time.

TELL ME MORE

When it comes to weighing coffee, scales are far more accurate than a scoop or measuring cup, as different beans have different weights and densities. Scales are useful for measuring water, too, so you don't have to decant to and from a measuring cup, losing temperature and time.

KETTLE

You'll need this to boil your water for filter coffee brewing. We recommend filling it with fresh water before each brew. Pop it on to heat, then gather your tools and grind your beans while waiting for it to boil.

TIMER

A very helpful tool for controlling the extraction time of all brewing methods. Some digital scales come with a handy built-in timer. Otherwise, you can use your phone, a stopwatch, the oven timer or a small kitchen timer.

BREWER

On the following pages, we'll outline the different brew methods and help you pick the right one/s for you!



HOT TIP!

It's recommended that you utilize a gooseneck kettle for your manual brew methods, it has a slender spout for slow, steady and controlled pouring.

Once you've picked your brewer, you need to make sure you have beans that were roasted for that brew method. Generally speaking, beans roasted or 'Filter will be suitable for Pour Over, Aeropress and French Press, while 'Espresso' roasts are suitable for Stove Top and Espresso Machine brewing.

RECIPE: CHEMEX

WHAT IT IS

The Chemex coffeemaker was invented in 1941 by the eccentric chemist Dr. Peter Schlumbohm. This brewer comes in many different sizes that allows you to make coffee for one to four people.

- Produces a clean, lighter bodied, complex cup of coffee.
- It's gentle, which allows more of the delicate flavors of the coffee shine through.
- Simple, easy to use with timeless, elegant design.

RECIPE

Makes one serving

- 30g of Coffee
- 500g of Water
- 3:30 Brew Time
- Medium/Fine Grind Size

STEPS FOR BREWING

1. Start with at least 1 litre of fresh water and bring to the boil. While waiting for the water to boil, place and clean filter, weigh out coffee, and grind.
2. Place the Chemex on the scale, pour the ground coffee into the filter bed, and tare scale.
3. Set timer, and pour in 60g (double the coffee dose) of freshly boiled water. Let it brew for 30 seconds.
4. Add 140g of water, and let brew for 10 seconds.
5. Add an additional 100g of water, and let brew for 10 seconds.
6. Continue to add 100g of water, and let brew for 10 seconds.
7. Add the final 100g of water.



WHAT YOU'LL NEED

- Three Cup Chemex
- Chemex Filters
- Kettle
- Scale
- Timer



HOT TIP!

Making coffee for two people? Follow the steps outlined, using 45g of coffee and 750g of water. It's recommended that the grind is a little courser, too.

If your brew is taking too long, try coursening your grind.

RECIPE: FRENCH PRESS

WHAT IT IS

The French Press is one of the simplest and oldest) brew methods. It is comprised of a cylinder - often made of glass - and a metal stem and mesh filter.

- Great for brewing for a lot of people.
- Easy to produce consistent results on time.
- Many people already have one at home.

RECIPE (750ML FRENCH PRESS)

Serves 4-6 People

- 45g of Coffee
- 750g of Water
- 4:00 Brew Time
- Course Grind Size

STEPS FOR BREWING

1. Start with at least 1 litre of fresh water and bring to the boil.
2. Swirl some hot water in the French Press to heat it up, and then empty.
3. Place coffee in the bottom of the French Press, and then place the plunger on scales and tare to zero.
4. Set timer, and pour in 750g of freshly boiled water. Let it brew for 1 minute, and then give it a good stir.
5. Place the plunger in the cylinder. Now let it brew for another 3 minutes.
6. Plunge down with care and pour straight away.



WHAT YOU'LL NEED

- French Press (750ml)
- Kettle
- Scale
- Timer



HOT TIP!

Plunger coffee should be poured immediately after brewing to prevent the coffee over extracting and becoming bitter.

If you have a different size plunger, simply adjust your water and coffee, using the ratio of 60g of coffee / 1 litre water. (i.e. 250g plunger would need 15g of coffee, and a 1 litre plunger would need 60g of coffee.)

Is your drink gritty or is the plunger hard to press down? Try coarsening the grind a bit.

RECIPE: AEROPRESS

WHAT IT IS

A relative newcomer to the brewing scene, the Aeropress was invented in 2005 by Alan Adler (the engineer who invented the Aerobie frisbee)! It is comprised of two lightweight cylinders and a filter.

- Produces a clean and full-bodied cup.
- Quick and easy to use and clean.
- Lightweight and compact so it's perfect for traveling.

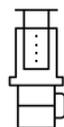
RECIPE

Makes one serving

- 18g of Coffee
- 255g of Water
- 2:00 Brew Time
- Medium/Fine Grind Size

STEPS FOR BREWING

1. Start with at least 1/2 litre of fresh water and bring to the boil. While waiting for the water to boil, place and clean filter, weigh out coffee, and grind.
2. Place plunger into the cylinder. Place Aeropress on scale (plunger handle down).
3. Pour the ground coffee in the bottom of the Aeropress, and tare scale.
4. Set timer, and pour in 255g of freshly boiled water. Let it brew for 0:30, and then give it a good stir. Screw cap with filter back onto the Aeropress.
5. At 2:00, flip Aeropress over and place on top of a cup or jug. Plunge for 0:30.



WHAT YOU'LL NEED

- Aeropress
- Aeropress Filters
- Cup or Jug to brew into
- Kettle
- Scale
- Timer



HOT TIP!

If you find it hard to plunge, make the grind a little coarser.

Double-up on the filters for a slightly cleaner and blanced cup.

To clean the Aeropress, turn it so the plastic filter holder is facing up and remove the plastic filter. Slowly press the coffee grounds and paper filter into the bin or compost.