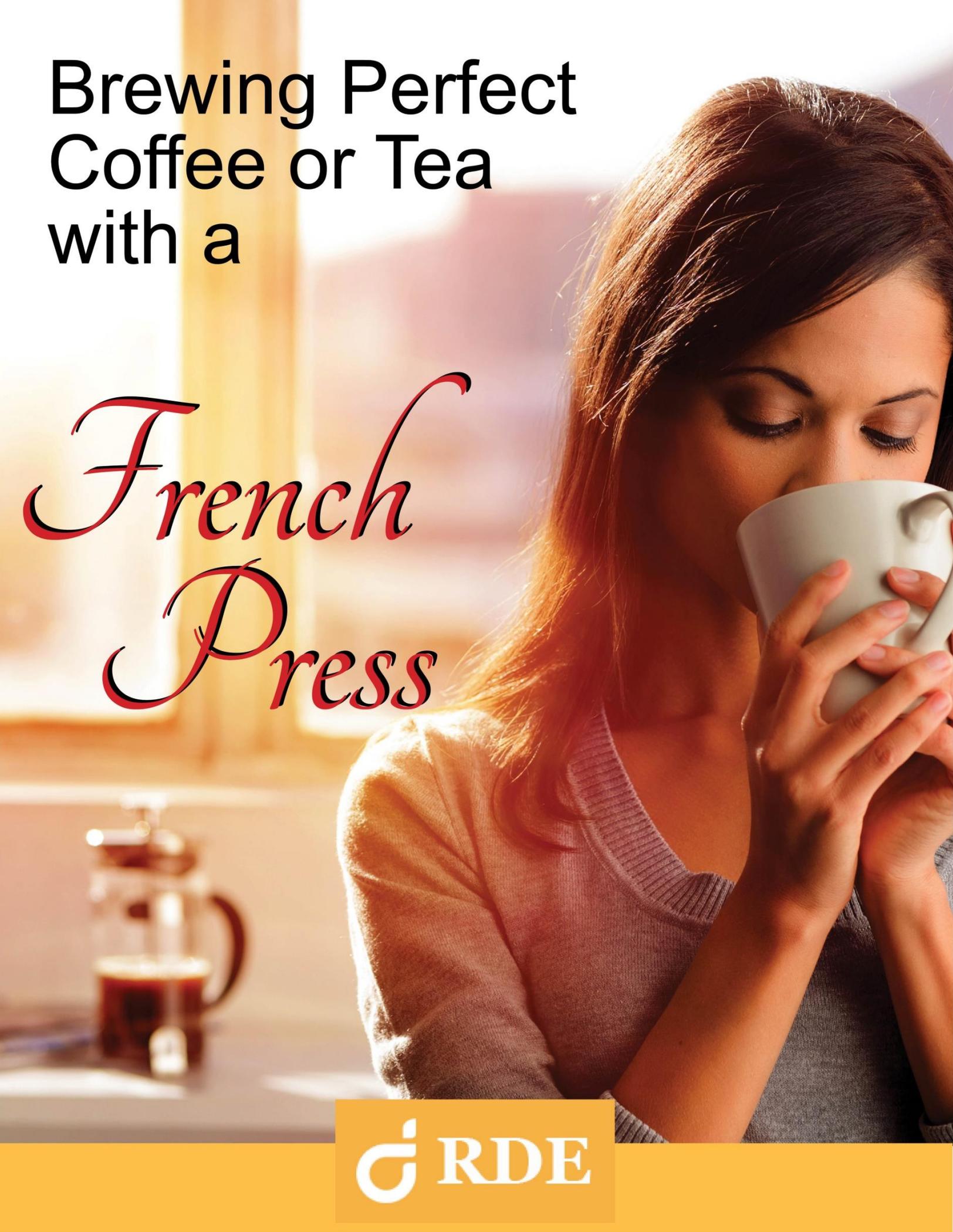


Brewing Perfect
Coffee or Tea
with a

*French
Press*



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How to Brew Perfect French Press Coffee

As mentioned, French presses come in different materials and, of course, you have your own preference for taste. What is perfect for one person might be too strong or too weak for another. As a general guideline, use one 1 tablespoon of coffee for every 4 fluid ounces of water.

Here is the basic process to prepare your perfect French press coffee:



-  1. Boil your water, adding a little extra than what is needed for just the coffee. Use bottled or filtered water when possible. Never use soft water or distilled water as the minerals in the water are essential for good coffee.
2. Grind your coffee – we discuss this in detail below
-  3. Take out the plunger and rinse it with the hot water.
-  4. Rinse the carafe and cups with the hot water too so that your coffee stays hot.
-  5. Add the ground coffee to the French press using the 1 tablespoon to 4 fluid ounces of water ratio.

6.  Once the water has boiled, you will want to wait about 15 seconds before you pour it over the coffee in the French press (if you have a water thermometer the water should be at 200°F).
7.  Pour the water over the coffee grounds. Pour slowly and evenly. The coffee may bloom (bubble up) so you may want to stir the top inch of the mixture. The idea is to get all of the coffee in contact with the water.
8. Put the plunger back on top of the press and make sure that you turn it so that the pour spout is blocked. Don't lower the plunger yet.
9.  Wait between 2 1/2 and 6 minutes (this is where experimentation comes in) and then press down slowly and with steady pressure. If there is very little pressure your grind may be too coarse. If it is too hard to press down you need to make your grind coarser.
10.  Once the plunger is all the way down, turn the lid to open the spout, pour and enjoy!

Grinding Your Coffee

In days past, coffee was ground by hand. Some people still use a manual grinder, but more than likely yours will be electric. The French Press uses a ***very coarse grind*** because the grounds will be in contact with water for a

long time. There are pre-ground coffees available for a French press, but the best coffee always comes from freshly ground beans. It's fast and it's easy to do, so why not go for the best!

Beans should not be stored for long periods of time. Air and light degrade beans so buy ones

packaged in vacuum-sealed bags.

Store your beans in an airtight glass or ceramic container once the bag is open. Beans should be at room



temperature and not in the fridge or freezer. Beans take up odors and moisture easily, especially dark roast ones.

The type of bean you use depends on you. You can't go wrong with 100% pure Arabica beans, but some people like to experiment with blends for a unique taste treat.

Grinding coffee to your liking does take a bit of experimentation, but once you get it right you will appreciate the effort. If your coffee tastes too weak, grind the beans finer. If it is bitter, you may have ground them too much.

Don't leave the coffee sitting in the carafe as it can get too strong or bitter. Try to make what you are going to use as reheated coffee or coffee left on a warmer will turn your perfect coffee into a foul-tasting one instead.

Some French press coffee presses produce some sediment, so don't pour the last of the coffee into your cup.

Making Perfect Tea with a French Press

Surprisingly, it is tea that ranks number two in the beverage world, not coffee. Tea also has many more well-documented health benefits to its credit and because of this its popularity has increased even more.

Even though sipping tea seems to be a distinctly English tradition. It was the Chinese that discovered this amazing plant. Since that time, countless varieties have sprung up around the globe from those with



sweet aromas and subtle flavors to those with pungent and striking ones.

The French press has always been associated with coffee, but it is growing in popularity for tea too. The reason for this is that the French press is just as good as getting the most out of tea as it is with coffee.

Loose tea is difficult to manage and the devices used to harness the leaves are cumbersome. Tea bags are too restrictive and many claim the tea is never as fresh. What a French press offers is room for tea leaves to steep and without the mess.

Tea balls and tea bags bunch tea leaves together and water cannot pass through them as it should. If you use a ceramic filter with your teapot, the holes are also too small to let the tea steep properly. Plus, with a French press there's no need to scoop out the bag or tea ball when the brew is to your liking. All you have to do is plunge the filter. You will have a carafe of perfectly crafted tea, ready to drink!



If you use your French press for coffee and tea, make sure that there is no coffee residue left on the parts that could affect the flavor of your tea. Baking soda and hot water or even vinegar and water will do the trick. Make sure you rinse well before brewing.

Follow these instructions to brew perfect tea every time, without the fuss.

1.  Heat enough water for the number of cups of tea that you want, plus a bit more. Use the chart below for the right temperature for the type of tea.
2.  Take out the plunger and rinse it with the hot water.
3.  Rinse the carafe and cups with the hot water too so that your tea stays hot.

4.  Add 1 teaspoon of loose tea for every 6 ounces of water you use.
5.  Pour your hot water into the French press and put the lid on to help retain heat, but do not press the plunger.
6.  Mix your tea leaves with the hot water, allowing the nutrients to release. Brew your tea in the French press for the appropriate length of time for your type of tea - check the chart for brew times.
7.  Carefully lower the plunger about halfway down. You want to strain out the leaves, not compress them. Compressing the leaves can damage them which will make further brews bitter.
8.  Pour your tea into the warmed cups or store it in a thermal jug until you are ready to drink it. Letting the tea leaves brew too long can cause your tea to be bitter.

Unlike coffee, many teas can be brewed more than one time. When you are between brews, leave a little bit of water over your leaves for the next carafe. White and green tea can be brewed up to four times. Black teas and scented teas like Early Grey can be brewed up to five times. Powerful teas such as oolong may be brewed even more than that.

You may want to buy a water thermometer if you drink many different types of tea. Some require hotter water than others. Please follow this chart for temperatures for steeping and the estimated length of time.

Naturally, this all depends on the quality of the tea and your personal taste.

Brew Times and Temperatures for Teas

| Tea Type | Temperature | Steeping Time |
|----------|-------------|---------------|
| White | 175 F | 4 – 5 minutes |
| Green | 175 F | 1 minute |
| Oolong | 195 F | 3 minutes |
| Black | 205 F | 2 – 3 minutes |
| Herbal | 210 F | 5 – 6 minutes |



Caring For Your French Press

Keeping your French press clean and in perfect order is simple. After use, take apart the screen and plunger assembly. Put in a teaspoon of baking soda instead and fill the carafe with hot water. Put all the parts inside and let everything soak for a few minutes. Rinse everything well and put on paper towels. Check to make sure there is no coffee residue left on the parts. If there is, wash again.



Coffee is very oily, so two or three times a month you will want to give your French press a thorough cleaning. If you have a dishwasher, just unscrew the plunger screen and put all the pieces in the silverware basket. If you are washing by hand, a baking soda and boiling water solution with a few drops of dish soap will loosen the oils. Rinse the parts well and air dry.

Don't forget to clean your storage containers and your coffee grinder too. These get very oily over time and if not kept clean they can go rancid.

Summary

Making that perfect cup needn't be an ordeal or break the bank. A French press provides a portable, affordable solution for the best cup of tea or coffee every day. Remember to buy a quality French press from a reputable dealer and to take care of it too.

If you are looking for one of the best on the market, please feel free to visit our website or contact us for more information. We want you to get the best out of your tea or coffee and we have one of the best French presses on the market. Visit us soon and start enjoying that perfect cup when and where you want!

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