

About coffee brewings

Recipe Book digital version



**A practical guide to
coffee brewing techniques**

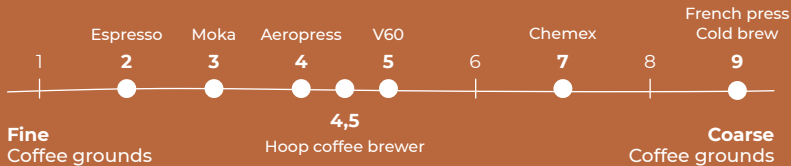
life.

Discover **new ways** to experience coffee!

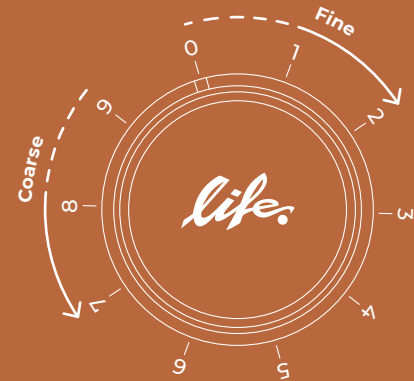
Coffee is personal, so choose a method that lets you express your dedication, skills and enthusiasm.

If you don't know where to begin, follow our grinding adjustment map or be a rebel and trust your gut, because **the best of all possible ways is yours.**

*Grinding adjustment map**



*Graphical representation in this page is merely indicative.



Espresso

My morning ritual consists of a great cup of espresso, a boost to improve my focus

-Mei

- 1 Add grounds to the portafilter
- 2 Distribute the ground coffee and tamp it
- 3 Purge the machine's grouphead with hot water
- 4 Insert the portafilter, start brewing*

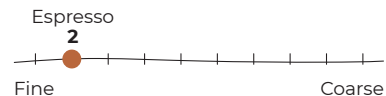
*Italian Espresso basic numbers: 7g of ground coffee, 25-30 ml of espresso in 25-30s extraction time



Mei's recipe:

Fine grind

Feels soft and sticks together when pressed, looks like finely milled salt



Time: 10(50Hz)/ 8,5(60Hz) sec

Tools

Espresso machine
Tamper
14-17g of grounds*,
Medium roasted
Fine grind

* Double shot

MON

I like the simplicity of the moka and the aroma of coffee which spreads throughout the kitchen in the morning

-Linda

- 1 Unscrew the Moka pot and fill the base chamber with water up to the valve
- 2 Fill the filter with grounds*, don't tamp it
- 3 Screw back together and heat low on stove
- 4 Remove the pot from heat as soon as coffee starts to gurgle

*Don't overfill it, otherwise your coffee will be too strong or Moka will be affected while heating

Linda's recipe:

Medium-fine grind

Feels gritty, looks like silica beach sand



Time: enough to fill the filter

Tools

Moka
Grounds,
Light/ Medium roasted
Medium-fine grind



Aeropress

Traditional

-Alan Adler's recipe

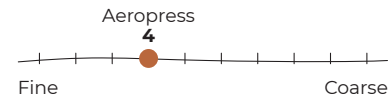
- 1 Use some hot water to wet the filter and cap
- 2 Add grounds and hot water to 1 mark
- 3 Stir about 10 seconds
- 4 Insert the plunger and press until it reaches the grounds*

Alan Adler, the inventor, recommends a total brewing time of one minute

Alan Adler's official recipe:

Fine/ Medium-fine grind

Feels soft looks like finely milled salt/ Feels gritty, looks like silica beach sand

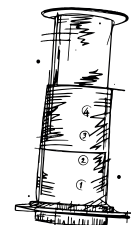


Time: 7,5(50Hz)/ 6(60Hz) sec

Tools

Aeropress®
Filter
Kettle
15g of grounds,
Light/ Medium roasted
Fine/ Medium-fine grind

***If the pushing feels too easy, the grind is too coarse; if it's very hard, the grind is too fine**



Aeropress

Inverted

I love the taste of coffee, it reminds me of the memories I captured with my polaroid

-Alex

- 1 Use some hot water to wet the filter and cap
- 2 Put the plunger over the table and add the main chamber over it
- 3 Add grounds and hot water to half way
- 4 Let it brew for 30 seconds and then stir the grounds
- 5 Fill with hot water, fasten the cap, flip over onto cup and plunge



Alex's recipe:

Medium-fine grind

Feels gritty, looks like silica beach sand



Time: 7,5(50Hz)/ 6(60Hz) sec

Tools

Aeropress®

Filter

Kettle

15-18g of grounds,

Light/ Medium roasted

Medium-fine grind

Hoop coffee brewer

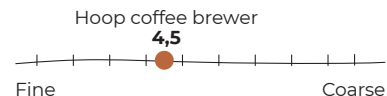
-Flo

- 1 Put the paper filter inside the Outer Loop
- 2 Screw the Flow Tower to the Outer Loop
- 3 Wet the paper filter then put Hoop on a cup
- 4 Add ground coffee inside the Flow Tower
- 5 Pour boiling water inside the Outer Loop
- 6 Wait until all the water passes through

Flo's recipe:

Medium-fine grind

Feels gritty, looks like silica beach sand



Time: 6(50Hz)/ 4,5(60Hz) sec

Tools

Hoop coffee brewer

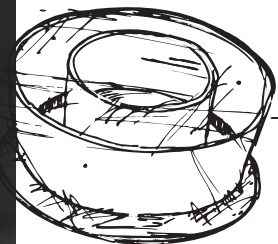
Paper filter

Kettle

15g of grounds per 250g of

water, *Light/ Medium* roasted

Medium-fine grind



V60



While painting, I like to take a break and sip a cup of coffee, its flavour is art

-Jason

- 1 Place V60 with filter over cup and wet it, get all the water out after rinsing
- 2 Add grounds and wet them with water*
- 3 Wait for 30 seconds (coffee blooming phase)
- 4 Pour in 100g of water with circular motion, after 60 seconds, pour in 50g more
- 5 At 90 seconds add another 50g of water, let the coffee filter through**

*Don't pour water on filter's edges, otherwise the coffee will have a paper flavour

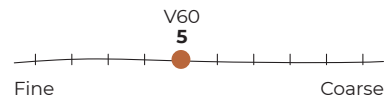
**The proper extraction happens in 3 minutes



Jason's recipe:

Medium-fine grind

Feels gritty, looks like silica beach sand



Time: 6,5(50Hz)/ 5,5(60Hz) sec

Tools

V60

Filter

Kettle

15g of grounds per 250g of water, *Light roasted*
Medium-fine grind

chemex

Chemex has that old school style which I love most, in jazzy mood!

-Fran

- 1 Place the filter and wet it, get all the water out after rinsing
- 2 Add grounds and wet them with water*
- 3 Wait for 30 seconds (coffee blooming phase)
- 4 Pour in 200g of water with circular motion
- 5 At 90 seconds add another 200g of water, let the coffee filter through**

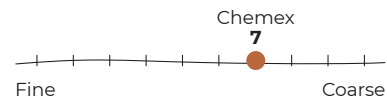
*Don't pour water on filter's edges, otherwise the coffee will have a paper flavour

**The proper extraction happens in 4 minutes

Fran's recipe:

Medium-coarse grind

Feels and looks like rocky sand



Time: 9,5(50Hz)/ 8(60Hz) sec

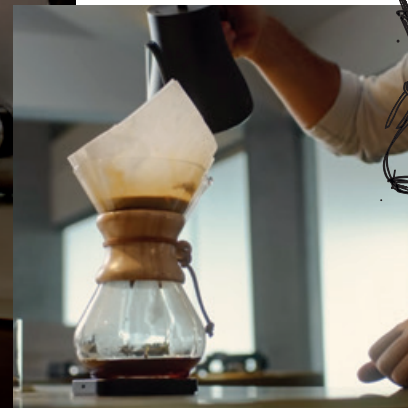
Tools

Chemex®

Kettle

Filter

25g of grounds per 400g of water, *Light roasted* Medium-coarse grind



Cold brew

After a workout, I am used to have a fresh drink, cold-brewed coffee is absolutely perfect!

-Jenna

- 1 Add grounds and the filter over it
- 2 Add water with the valve closed
- 3 Pre-wet the coffee by opening the valve a little
- 4 Open the valve, at the rate of 1 drop per second
- 5 Wait 1-2 hours, stir, serve it with milk, tonic or still water

fresh

Jenna's recipe:

Coarse grind

Feels like clay particle, looks like flaky sea salt



Time: 3,5(50Hz)/ 2,7(60Hz) sec

Tools

Cold brew Dripster system

Filter

Room temperature water

7-10g of grounds per 100g

of water, *Light/ Medium* roasted

Coarse grind



Fresh Press

I love to take a break, breathing fresh air and tasting a good cup of coffee in the countryside

-Dave

- 1 Add grounds and pour hot water
- 2 Wait 5 minutes
- 3 Stir the grounds to break the crust and scoop the foam and coffee bits
- 4 Wait 5 minutes*
- 5 Put the lid and press the filter down, the coffee is ready

*A longer brewing time will make the coffee taste stronger



Dave's recipe:

Coarse grind

Feels like clay particle, looks like flaky sea salt



Time: 10,5(50Hz)/ 9(60Hz) sec

Tools

French press

Kettle

30g of grounds per 500g of water, Medium roasted
Coarse grind

Life

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Brand Info

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life.