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**Coffee Beans – How To Grind**

**By Anthony Tripodi**

Air is the enemy of all coffee drinkers. Once air comes in contact with your coffee grinds, they begin

to lose their flavor. Coffee manufacturers vacuum seal their grinds to keep them fresh while they sit on the shelves at the supermarket but once you break that seal, it's all downhill from there. Buying whole coffee beans and grinding them yourself is a great way to ensure that your coffee remains as flavorful as possible. But do you know how to grind your coffee beans properly?

Different types of coffee calls for different types of grinds. So you'll need to learn to use your coffee grinder properly if you want to make the freshest best tasting coffee possible.

If you plan on brewing your coffee with a percolator or a French Press coffee maker then you'll need a coarser grind. Place the coffee beans in your coffee grinder and tap the grind button a few times as you would use the pulse feature on your food processor. The goal is to break the beans up so that they look like tiny pieces of coffee bean. If they look like a powder, then you need to slowly back away from the coffee grinder and start again. Remember to tap the button and not hold it down.

Automatic drip coffee makers work best with medium grinds. Picture the grinds that you'd find in a can of supermarket coffee. Those are medium grinds. They can be described as looking like brown sand. So remember the last time you went to the beach but instead of seeing the sand in between your toes, imagine seeing sand in your coffee maker. Once again, while holding the coffee grinder button, don't get carried away and over grind your coffee beans. You do not want a fine powder if you're going to use an automatic coffee maker.

Finally if your using an espresso maker, you want those fine powdery grinds that you've been trying to avoid when making coarse and medium grinds. So grind away until your heart is content.

Grinding your own coffee beans right before you brew your coffee is a great way to make sure that you're getting the freshest cup of coffee possible. But a fresh cup of coffee can still be bitter or weak. Learning how to grind your coffee beans is an important part of making great coffee.

Anthony Tripodi is the webmaster of

<http://EndlessCoffeeBreak.com>

For more information about How

To Grind Coffee Beans, please visit

<http://www.endlesscoffeebreak.com>

### **Brewing A Perfect Cup Of Coffee**

**By Lynne Birch**

Brewing a great cup of coffee depends on a number of things such as the quality of the coffee bean, the quality of the water being used, the type of brewing being done, and the grind of the coffee. Now quality of bean and water is something you can easily take care. Just use good quality beans and pure water. However the relationship between the grind of the coffee and the type of brewing being done is more detailed and could use a little explanation. Now we all know that we make coffee by passing hot water over crushed coffee beans. However for it to really work well we need to understand just how long the water should be passing over the beans. The purpose of this article is to help you understand how to match your coffee's grind to the type of brewing you are doing in order to make the best coffee possible.

Generally speaking, the 'soaking' time relates directly to how coarse the coffee is ground. This means that smaller coffee grinds need less contact with the water, and coarser grinds need longer contact. Espresso coffee is only exposed to water for 20–40 seconds and as a result is made using extremely fine grind coffee. A French press coffee maker can take as much as 4 minutes and uses an extremely coarse grind. If coffee is left contacting water for too long for its grind size, unwanted extracts emerge and make the coffee taste bitter. Of course if the grind is too large and the water passes very quickly (like using french press grind in an espresso maker), very little of the caffeine and flavours extracted and will have poor flavour.

Of course filters play an important role in managing the balance between over and under brewing your coffee. Not only do they keep the grind out of your cup, but they also control how fast the water passes over the grinds. Paper filters are the most common, but many people are also using metal varieties. Paper filters are quite good. However they can absorb some of the coffee flavour, and some people claim they can taste the paper in the final coffee. Metal filters are normally made from stainless steel or gold plated mesh. They have very fine weave and filter out the coffee grinds very well. They also do not alter the taste of the coffee at all. Metal filters are also more environmentally friendly than the paper alternative.

Whichever you choose, be sure to buy decent quality. Cheap filters often clog or not allow the coffee to brew properly. A decent quality metal filter will last years and save money in the end.

Brewing a cup of coffee is not that hard. Brewing a great cup takes a little more understanding, but isn't any harder. Start with fresh beans and good clean water and then match your brewing style to the

## Coffee Beans – How To Grind

proper grind and then mess around with the exact proportions and pretty soon your be brewing killer coffee every time.

Lynne Birch writes on home decor and home improvement.

<http://www.my-kitchen-appliance.com>

has

a selection of articles and reviews of kitchen appliances that is growing daily. Updated cofee maker reviews are at:

<http://www.my-kitchen-appliance.com/Coffee-Maker.html>



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