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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Coffee Grinder Machines Guide

By Matthew Hick

Freshly grinding coffee beans prior to brewing is one of the most important steps to a great cup of coffee. Grinding the coffee beans properly and to the proper consistency for the brew you desire is essential. There are two main types of coffee grinders on the market today, namely the burr grinder and the blade grinder.

Blade Grinder: The blade grinder is the cheaper of the two grinders and runs about \$20. The blade grinder has a single blade that looks and spins like a propeller. Blade grinders do not have settings. Basically, the longer you grind, the finer the grind becomes. You need to "eye-ball it" to see when it has become the grind you want. Blade grinders do a decent job for drip coffee makers, but for espresso or coffee drinks that require very specific grinds, the blade grinder would not be recommended since it does not grind consistently. When using the blade grinder, the coffee picks up a static charge. This causes the coffee to stick everything, making the blade grinder a very messy tool.

Some name brands of blade grinders include Braun, Bodum, Capresso, and Cuisinart. Although blade grinders are uneven and messy grinders, they are very cost-effective if you are willing to make the trade off!

Burr Grinder: The burr grinder is the more expensive of the two grinders and sells between \$60 and \$125. When purchasing a burr grinder, you can get one of two types of burrs: flat burrs or conical burrs. The coffee beans are drawn between the two burrs and crushed into a uniform size. The burr grinder has settings that allow an exact coarseness or fineness of grind to be selected. Burr grinders grind the coffee into uniform size and consistency, which is why they are recommended for espresso, but can also be used for other types of grinds as well.

Some name brands of burr grinders are Cuisinart, Baratza, Bodum, Bunn, Capresso, Gaggia, Isomac, KitchenAid, Krups, Mazzer, Pasquini, Rancillo and Solis.

The extra money for the burr grinder would be well spent since you would be getting a better quality cup of coffee and the clean up would be quick and easy! Both grinders are available with either a dosing or non-dosing option. The grinders can dispense the coffee in usable amounts with the pull of a

handle usually located on the side of the grinder. The non-dosing grinders will grind directly into a ground coffee container or coffee receptacle. As with any tool you need to find the one that best fits your needs and lifestyle.

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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.

Coffee Grinder Machines Guide

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>



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