

Grinding Coffee is Never a Grind.

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Grinding Coffee is Never a Grind.

By Eoin Beckett

After years of collecting all the kitchen gadgets and labour-saving devices you could care to

mention, I'm still prize my coffee grinder above all else. I drink gallons of coffee a week - a habit that really puts my coffee grinder through the mill, as it were, on a daily basis. You just can't beat the taste of coffee brewed from freshly ground beans. Even the very act of grinding the beans myself is something I look forward to. It has become a ritual that connects me to my kitchen and stimulates every sense. The aroma is released, my mouth begins to water, my hands tingle as they grip the body of the grinder, my eyes are hypnotized by the whirling beans, and... well the noise is pretty awful actually. In our fast-track lives in which we often eat on the fly and seldom make the time to cook, it is a privilege to enjoy such as sensual feast in your kitchen every day.

I'm sure I'd be healthier if I drank less coffee, but I belong to a long line of coffee connoisseurs. I started my coffee drinking devotion long before I should have. I had watched my parents in the middle of a heated `discussion' stop and purr as the first wonderful elixia reached made contact with the tips of their tongues. I came to associate that wonderful aroma with a sense of well-being and close-knittedness. I wanted to be part of the grinding and brewing process; I wanted to be the magician that made a brew that made everything perfect. I have my coffee, like the Japanese have their tea. If you've seen `Karate Kid,' you'll know where I'm coming from.

I can't understand why coffee grinders seem to be overlooked as gift ideas. They may not make the most glamorous presents, but they always make an impact on the lives of those who use them. What could be better than a coffee grinder for Christmas? It fits snugly into a decent-sized stocking, and just a few hours later, leaning back in your chair after dinner, you can be breathing in the aroma of freshly ground coffee as you sample your first cup. Grinders can be found at any major store or mall. There's a grinder out there for you no matter whether you have 5 dollars to spend or fifty. My own modest grinder was bought about four years ago for 10 bucks. It has never let me down.

Giving a coffee grinder at Christmas, perhaps along with a carefully wrapped sample of premium beans, is the best gift I could imagine. I've given grinders to nearly all my family members over the years. As I've said, I come from a family of coffee drinkers, but I've also given coffee grinders as wedding gifts housewarming parties and even a college graduation. Funnily enough, nobody has ever

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bought me one. I guess they assume it's something I don't lack. My kitchen is more like my own café than a food production area, and my coffee grinder holds centre stage on the counter.

Eoin Beckett is a freelance writer and editor. He writes both short fiction and non-fiction for both online and print publications. Although he stems from Ireland, since his teens he has lived in countries all over the world and has forgotten many – but not all – of the Irish songs he grew up with. He currently lives and works in Copenhagen, Denmark.

There are more kitchen capers at Eoin's site

The Cooking Pot

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.

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For more information about How

To Grind Coffee Beans, please visit

<http://www.endlesscoffeebreak.com>



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