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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Making A Great Cup Of Coffee

By Sharon Stajda

Today, I will propose to you how to make a great cup of coffee. You can do it. There are a few secrets to the process. I will share these with you.

Start with the bean and pick your roast. Quality coffee can only come from a quality coffee bean that is properly roasted. The process of roasting a coffee bean is complex and can result in a given bean tasting very different depending on how it is roasted. If you desire a strong intense flavor to your coffee, choose a dark roast (ex: French Roast). If you like to a light flavor, less intense, choose a lighter roast.

Never use pre-ground coffee. Pre-ground coffee will lose its flavor and essence within a short period of time. Grinding before you brew will assure you that no flavor is lost due to time.

Always use cold filtered water when brewing your coffee. The water you use represents 98% of your cup of coffee. Filtering the water will remove impurities that could affect the taste. Poor quality water can come from a variety of sources. Example, older house will have older pipes. Theses pipes tend to give the water an off flavor. You will want to remove this by filtering. The basic rule is the better the water, the better the coffee.

Skip the paper filters and go for the gold. Yes, these are 23k Gold plated stainless steel filters. Paper filters will influence the flavor of the coffee in a negative manner. The Gold plated filters influence the flavor by allowing natural oils to infiltrate into your brew, adding a level of flavor and aroma you wont find with paper coffee filters. Another plus is that these filters can be reused over and over, and will last a very long time. Not only will your coffee be better, but you will be helping the environment by saving on waste.

Never over do it on the add-ins. Cut down on the sugar, cream, and other flavor add-ins to really enjoy the true essence of the brew. If we disguise the coffee to much; we will never know the true taste.

Part of what makes a great cup of coffee is how and when we enjoy it. We all have our favorite time and rituals. For me, nothing beats enjoying a great cup of coffee on a Sunday morning and reading the paper.

Making A Great Cup Of Coffee

Sharon Stajda loves a good cup of coffee. For more information about Coffee, visit the following url:

<http://www.oldandsold.com/articles32n/coffee-1.shtml>

Simple Gourmet Coffee

By Dana Goldberg

There are a number of countries that produce coffee and new regions are converting their crops to the mighty bean as our demand for different tasting coffee increases. We are also adding more exotic flavourings to our coffee. It comes as no surprise that the number of coffee shops and stores that sell coffee beans and all the associated paraphernalia to be able to make our own perfect coffee at home.

Coffee houses are a great place for us to go and relax with friends and family over an expertly made cup of coffee. We often ignore how much effort has been put into our drink by the coffee maker that roasts the beans, grinds them up and then uses the exact quantity required to brew a satisfying cup of coffee for us. There are a number of techniques involved in making a cup of coffee and a lot of us are happy to leave someone else to make it for us. The equipment used is only part of the story; you also need to practice with various quantities of coffee and water until it reaches your optimum strength.

We are almost overwhelmed by the huge variety of types of coffee that are available. Not only does the coffee taste different depending on the country and region that the beans were grown in but also from year to year. This is due to the changes in weather from one coffee growing season to another.

If you go to a specialist coffee shop you are likely to be confronted with a huge selection of flavourings that you can add to your coffee to make it even more to your liking.

The strength and bitterness of the coffee can be adjusted by using different quantities of water and coffee, adding sweeteners and milk as well as adding milk. One tip for lowering the bitterness level is to never use boiling water as this scalds the coffee and gives it a bitter taste. Always use water that is just below boiling temperature when making your coffee.

Everyone has their own opinion about what makes the perfect cup of coffee but you will find your own technique through trial and error.

D. Goldberg is editor of The Gourmet Blog. The Gourmet Blog offers gourmet food recipes, gourmet gift ideas and other gourmet tips.

<http://www.thegourmetblog.com>



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