



*The Sparkplug Scoop*

# FRENCH PRESS

## *What is the French Press?*

French press, press pot, cafetiere, bodum... No matter what you call it, this is a simple way to make a very rich, full-bodied, wonderful carafe of coffee. It can also be bitter, full of sediment or sour, if not done well. But with these tips, every pot you press will be delicious!

## *Method - how does it work?*

The French Press is an IMMERSION coffee maker. The coffee grinds are immersed in hot water and steeped until all the delicious coffee flavour has been extracted.

## *Why we love it!*

- It makes a very rich cup of coffee. (Some say too rich – there’s almost always some sediment which *some* people do not love)
- Different sizes are available so you can make one-cup or several cups at a time.
- No paper filters or disposable anything required – just ground coffee, hot water and the press.
- Affordable even for the most luxurious presses. It’s easy to find a very good, well made French press for under \$50 (you can even find totally decent ones for under \$15!) and even the most highly-rated, extra-special, super-duper ones are rarely over \$100.



## *Choosing a French press*

The main things to look for in a press pot are:

- All metal parts for the plunger and filter. Some of the very cheap presses, and even some not-so-cheap ones, use plastic for the filter parts. This will warp and not filter as well as metal.
- A good fit between the plunger and carafe. A tight seal will mean fewer grinds escaping into the carafe.
- A good size for your needs. Pay attention to how many ounces or ml it holds, not how many “cups” it says it makes. We prefer one that is at least 500 ml or 1L so we have the option of making a couple big mugs of coffee.

## What you need to make coffee with an French Press

In addition to a French press, you'll need:  
**hot water and fresh coffee.** Yup, that's it!

### French Press Rules of Thumb

Our tips for the French press are pretty much the same as our coffee making basics:



**GRIND:** coarse - something similar to coarse salt. Too fine and you'll get a bitter and sludgy coffee. (Some presses have very fine filters &/or multiple layers of filters. For these, you can go with a medium grind.)

*Bullit Custom Dark*



*Globetrotter*



**COFFEE:** you can use any coffee you want in a French press but, for some reason, most people prefer a darker roast with a bold, spicy or smoky flavour. We recommend our **Bullit Custom Dark** or **Globetrotter** organic espresso blends.



**MEASURE:** go with the standard coffee proportions of 55-60g per litre. If you don't have a scale handy, this works out to about 2 Tbsp / 30 ml of ground coffee for 8 oz. / 235 ml of water (a standard coffee cup).



**WATER (PART 1):** think of Goldilocks - not too hot, not too cold. Wait a minute after it comes to a full boil to get it just right. *You're aiming for 91-96°C or around 200°F for the perfect brew.* Add water that's a little off the boil (aiming for around 95°C).



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**WATER (PART 2):** Pour the water in, making sure that all the grinds get wet. If you want to get fancy, pour enough water to saturate the grinds then wait 20-30 seconds before pouring the rest in. Once all the water is in, place the lid on but **DO NOT** press the plunger down yet!



**STIR:** When you add the water, the coffee grinds will form a crust at the top of the carafe. Your coffee will taste better – and have less sediment – if you give the grinds a stir. You can either do this a few seconds after adding the water or (better) wait a minute, pull the lid off, give things a stir, then put the lid back on.



**TIME:** “Hey Siri, set a timer for 4 minutes.” I always set a timer. If I don’t, I lose track of the time and either rush it so that it’s not brewed enough or forget and wait until it is way too strong and not hot anymore. Sigh...



**DRINK UP:** What did I just say about leaving it too long until it’s bitter? If you’re not going to drink the whole pot right away, pour it out of the press and into a thermal carafe. Or just pour it into a mug or glass and reheat in the microwave when you’re ready to drink it. (Seriously. It’ll taste better than letting it continue to brew.)



## SHARE YOUR FRENCH PRESS SETUP!

We want to see your French press!  
Share your pictures on social media & tag @SparkplugCoffee !



xo... Kara  
Chief Coffee Officer