

EXPLORING THE CRAFT OF COFFEE

Nº78

Extracted

Coffee At Home

Hachira

Mixed Heirloom Yirgacheffe
Dried in cherry

Elderberry, blackberry, red apple



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EXTRACTED MAGAZINE seeks to educate, delight, and empower coffee drinkers everywhere bringing you into the world of **craft specialty coffee**. We build connection and understanding that raises the value and the lives of people in coffee around the world, as well as each individual cup that you enjoy.

Even though coffee is consumed by billions worldwide, many are unaware of the significance of the beverage in their cups. Conscious consumption of coffee leads to not only the best tasting coffee of your life, but more powerfully supports the various cultures and peoples that are responsible for that coffee.

Extracted reflects this growing awareness and empowers all coffee drinkers to discover the richness, not only of flavor, but also of the history and relationships of the coffee in your cup.

Extracted
MAGAZINE





SPECIAL LETTER

What's at Stake

Joseph Robertson

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Extracted Magazine



READER'S QUESTIONS

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**A PATHWAY TO
BETTER COFFEE**

THE COFFEE ROASTER
OF EXTRACTED MAGAZINE



Special Letter - What's at Stake

May, 2020

Dear friend,

We're living in unprecedented times, and I feel the work we do now is more critical than ever.

We are at a point where the seeming importance and influence of national/international businesses/companies are in direct conflict with local small businesses, with local communities, with the very people who make up our society. I think it's easy for each of us to look at our own worlds and see that what is most important is the people around us. But we also live in a globalized society.

Coffee is an example of this dichotomy. If you only purchased and lived off local things, chances are you'd never drink coffee. Much of coffee's production is done elsewhere in the world - growing





between the tropics and at higher altitudes, in farming regions. So without the connection of a globalized world, we'd rarely if ever drink coffee.

There's a side history here which would take a whole book to explore ... Coffee only exists as we know it because of the expansion of colonialism and slavery. You are probably aware by now, as we have covered the topic in past issues, that coffee is not naturally grown in most places around the world (the only real natural growing regions are East Africa and Yemen). Nevertheless, coffee, as we know it in 'westernized' societies, is all dependant upon leveraging the cheap labor within growing regions, and the systems of export/import to everywhere else in the world.

The kind of great coffee we strive for and represent through Extracted, provides a level of equality and opportunity to the people of these areas in the world, giving as much respect as we can (given available systems) to those farmers/producers.

Coffee is a global product, but when you get down to caring about how it's made and who's hands are involved, coffee becomes a very personal product, it's all about the people, their lives, their history.

And this is what we're facing now. It's what we've been facing all





along, but this pandemic has served to highlight the wounded nature of our society. The businesses which drive our economy and culture are split along this dichotomy - they are either about money, or they are about people.

You can see this most clearly in how larger organizations typically are built to serve one interest: grow the bottom line of their investors. Always the interest of the investors and the interest of the heart of a business as it was originally created are at odds because investors are in it primarily to grow their dollars - additionally, companies which look to grow via bringing on investors have typically shifted their attention towards just making more money.

Put up against this the picture of a local businesses serving its community. This private business is running to make a profit, yes, but doing so within the framework of their mission, and in the end who does this business help? The people that business serves and by extension directly the community within which it exists.

In the coffee world, we can easily make this comparison by putting up any small independent coffee roaster against a company like Starbucks. The large organization Starbucks has an image of serving





people and coffee, but their decisions and drive are built around serving its investors. You can paint an argument that serving their investors is serving the original mission of their company because that's why those people invested ... but I think that's ignoring reality. Investors invest to make 1 dollar into 1+ dollars. Starbucks does indeed do good work within its systems ... to an extent ... but the ultimate drive of improving the bottom line of its investors will always sacrifice on the human level to get the result (from the business's perspective, if they don't someone else will).

Take the independent roaster. She has the dream of serving her community with her vision of coffee and connection. She buys coffee she thinks smells/tastes great either directly from the farmer/producer or from people she knows directly support the farmer producer. She is looking for transparency to build an equitable system of support all the way from the coffee seed to your cup of coffee.

(As a side note, this is why these phrases like 'seed-to-cup' and 'direct trade' are used so much in marketing because they allow investment focused businesses to build a facade of humanity on top of their true interest)

I've shared before this idea, which Jesse and I have spoken about on Coffee Lovers Radio - the concept of voting with your dollar. Every time you spend your money, it goes somewhere, it does





things, and it signals (no matter how small) to the economic system which way to go.

The flow of money is important, but no one talks about the power and significance of money flow in local and global economic systems. This conversation is started and ended primarily as 'Buy Local.' But WHY? What is the significance here? Beyond the obvious that supporting local businesses keeps them going around you.

Some comparison scenarios...

Wherever it is you work, you get a paycheck. That money immediately starts to go to work wherever you use it. You pay rent/mortgage, you buy groceries, etc. All that money, however you spend it, goes into similar systems. You buy groceries from the local grocery store, which pays it's workers their paycheck, and that money continues around your local economy.

Let's say you need to buy a new dining room table. You have two options. There's a local craftsman who makes nice tables. You aren't looking for anything wild, just a good solid table, and you can get one there - however you could also order from a larger company online, a very similar table, pay a bit less, and have it delivered free to your door.

If you choose option A, purchase from the local craftsman, the





money you spend goes into supporting the running of his business, and into his pocket as a paycheck. He then immediately turns around and spends that money again in your local economy (or his).

On the flip side, option B, the money you spend goes into the large organization, boosts their bottom line. They have employees who make a paycheck, yes, but what percentage of your money spent is actually going to that? Far less. Some amount of the money you've spent with option B is going into the pockets of people who have nothing to do with the actual thing you got, and often that money just goes and sits to make more money. Just as notably, the dollar you spend ultimately influences the larger businesses choice to make decisions based on increasing the return for their investors (a choice the local craftsman is not making).

Option A facilitates growing human life and livelihoods, Option B facilitates growing more money.

It's not really possible these days to buy absolutely everything locally. However, what if you could buy everything human. What if that craftsman you purchased from wasn't local. You'd still be supporting a human business which was built to support humans - NOT built to support money.



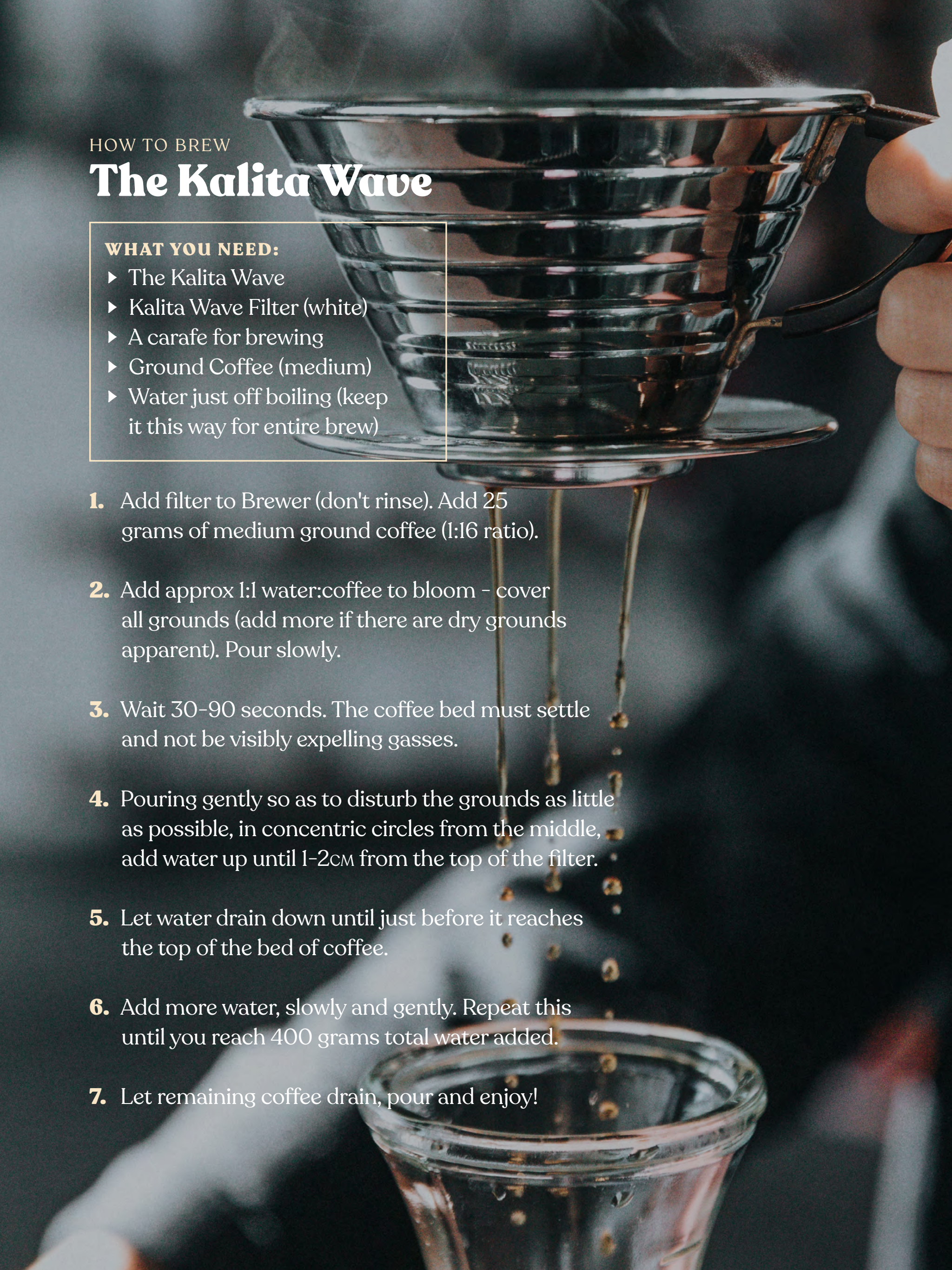
This is the same choice you have every time you buy coffee. When you buy from local roasters, in most cases you're supporting local business, the community that business serves, AND the people throughout the process of coffee (provided that coffee roaster is continuing their community and human support throughout the entire chain). When you buy from larger companies, chances are you're supporting the primary interest of increasing investor dollars.

This topic has come to the forefront now more than ever because our current crisis has made it very clear that our economic system and society has been molded to serve money. It's the money which is being protected, and the money which is driving all the decisions.

You have it in your power every day to decide to support humanity and the living world instead. I implore you to do so, no matter the cost. If we aren't willing to make that stride, then it is humanity and the living world we will lose in the end.

-Joseph Robertson
Founder
Extracted Magazine





HOW TO BREW

The Kalita Wave

WHAT YOU NEED:

- ▶ The Kalita Wave
- ▶ Kalita Wave Filter (white)
- ▶ A carafe for brewing
- ▶ Ground Coffee (medium)
- ▶ Water just off boiling (keep it this way for entire brew)

1. Add filter to Brewer (don't rinse). Add 25 grams of medium ground coffee (1:16 ratio).
2. Add approx 1:1 water:coffee to bloom - cover all grounds (add more if there are dry grounds apparent). Pour slowly.
3. Wait 30-90 seconds. The coffee bed must settle and not be visibly expelling gasses.
4. Pouring gently so as to disturb the grounds as little as possible, in concentric circles from the middle, add water up until 1-2cm from the top of the filter.
5. Let water drain down until just before it reaches the top of the bed of coffee.
6. Add more water, slowly and gently. Repeat this until you reach 400 grams total water added.
7. Let remaining coffee drain, pour and enjoy!



THE FUNDAMENTALS OF



BREWING GREAT COFFEE



There are 4 fundamentals of brewing coffee at home, which when mastered, will allow you to brew a great cup of coffee no matter what you are brewing on:

1 - The Amount of Coffee vs the Amount of Water (the ratio)

2 - The Temperature of the Water

3 - The Quality of the Water

4 - The Grind Size

I - The Coffee Ratio

This is the one thing which ends up 'ruining' most pots of coffee. People, in general, don't use enough coffee in their brew.

In coffee brewing, we use a standardized ratio system which is notated as X:X, water:coffee measured in grams. A standard ratio to follow is 17:1. That's 17 grams of water for every gram of coffee. As a shortcut, 1 gram of water is roughly 1 ml of water (it's not completely precise, but close enough for great coffee).

As an example, here's how you'd think about this for a standard drip coffee maker. Let's say you are brewing '8 cups' on a coffee maker. It's probably taking 1200 ml water in the tank. (The idea of a 'cup' in coffee brewing is not standard, check your brewer manual for precise measurements)

If you put in 1200 ml (which is about 1200 grams of water), at the 17:1 ratio, then you divide 1200 by 17, you'll see you want to add approximately 70 grams of coffee.

You'll use this same ratio process no matter how you decide to brew your coffee. Take a French Press for example. Let's say you have an 800 ML French Press and you're going to brew 17:1. 800 divided by 17 equals 47 grams of coffee. So you add 47 grams to your French Press, then fill.

2 - The Water Temperature

This is the second most controllable element, independent of your brewer, which can highly influence the quality of your coffee. BUT, there isn't a one size fits all answer, if you want to get the most out of your coffee. There is however a good guideline to follow.

If you are brewing light to medium roasted coffee, simply boil your water and then brew. If you are brewing dark roasted coffee, heat the water to 200 F then brew ... OR, boil the water then wait 10 minutes.

No matter what the coffee is, you can boil and brew immediately, it's just that dark roast has some poor tasting components which the higher heat brews more of. These aroma and taste compounds are generally burnt in a darker roast, and still perfectly delicious in a lighter roast. So brewing a lighter roast at higher temperature is both necessary and good.

One important point on water temperature ...

If you're using an auto-drip machine, you can't control the temperature, unfortunately. This is one of the greatest failures of low-cost auto-drip machines ... they often can't brew at a high enough temperature to fully brew coffee. If your aim is an auto-drip machine that will do a great job, look for one which is "SCA Certified".



3 - The Water Quality

In importance, this could easily come before water temperature, but it's not as easily fixed, nor is it as easy to discern. In order to explain, here's a short description of the coffee brewing process on a technical level.

Brewing coffee is a process of water “extracting” taste and aroma compounds from roasted coffee. We grind the coffee to increase surface area to make this process possible in the balance necessary to create a delicious cup. So, water hits the coffee grounds, then taste and aroma compounds are “extracted.”

When this is happening, it's actually the mineral elements within the water which make most of this possible. If you try brewing with distilled water, you will end up with a briny cup of weak coffee water. Some will be extracted, but most will not because it's the minerals that make the process possible.

On the flip side, if there are TOO MANY minerals in your water, then you'll end up with an extraction problem on the other end, and a rather bitter astringent cup (similar to over-extraction in coffee brewing when you use too much coffee or too fine a grind).

What we want is “Goldilocks Water.”

My standard answer for achieving this is ‘filter your water.’ Because it's a good blanket approach. But if you are starting with heavily filtered and ‘softened’ water, you might just be starting with so few minerals you aren't going to get a good result.

If you want to get into this, the best thing to do is grab a bottle of basic spring water, and compare coffee brewed with your spring water vs coffee brewed with your water at home (tap or filtered). If

you can't tell the difference between the two, then your water at home is probably fine.

If you like the bottled water result better, then chances are you need to keep using bottled water (or filter your tap water). There are rabbit holes to go down in this process, including literally crafting your brewing water, which is a process of taking distilled water and adding a specific balance of baking soda + epsom salt to create the 'Goldilocks Water.'

I made a video about this in a recent issue:



4 - Grind Size

This step requires a little bit of knowledge on your brewing device to figure out. However, all you need is a broad understanding of how coffee extraction works, and what exactly the brewer is doing in terms of water flow through the grounds.

The larger the grind size, the less surface area of the coffee is available, the more time it takes to brew (“extract”) the balance of taste and aroma compounds. You can approximate your grind size based on the amount of time water is in contact with the grounds.

In the French Press example, we’re doing a full immersion. Water is in full contact with the grounds for 4+ minutes. A coarse grind is good here. You don’t need the vastly increased surface area of a finer grind because the water gets to just sit with the grounds for a while and have the time to extract the coffee (and in fact, more surface area will result in a bitter over-extracted coffee - try it out).



In an auto-drip scenario, water is filling a basket that drips through into a carafe. There is a restricted flow of the water through the grounds, so water is in contact with the grounds for some amount of time. Typically an auto-drip should use a medium grind size.

Pour-over brewers by hand typically go finer in grind size the faster the water flows through the grounds. Espresso is naturally very fine,

as are brewers like a Moka Pot, Turkish Coffee, etc.

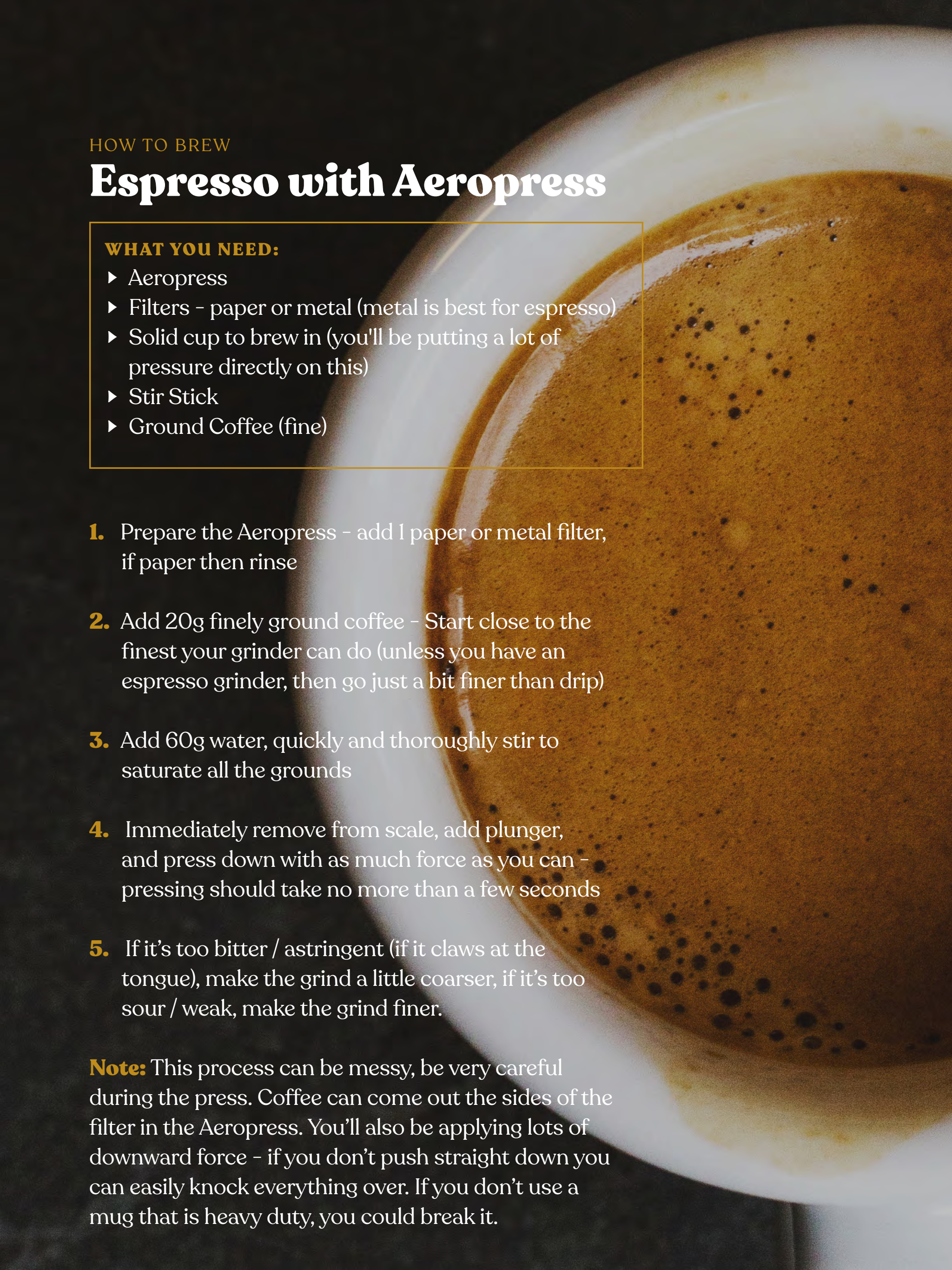
Grind size is critically important but is the last fundamental to pay attention to because of one important factor in brewing. If you get your ratio, water quality, and temperature correct ...

You will have instilled such consistency into your brew, that you can change your grind size from one brew to the next until your coffee tastes the way you want. This process lets the grind size become the variable.

Of course, if you can't change your grind size (you are getting it pre-ground for example), then what you should use as your variable is the amount of coffee (the ratio).

Conclusion

While in this article I spoke about different brewing methods, these fundamentals are universal. When you master the ideas presented here, you can brew coffee no matter what brewing method you have. You'll also have all the fundamental tools for optimizing your brewing within a specific brewing method, to get the most out of your coffee experience.



HOW TO BREW

Espresso with Aeropress

WHAT YOU NEED:

- ▶ Aeropress
- ▶ Filters - paper or metal (metal is best for espresso)
- ▶ Solid cup to brew in (you'll be putting a lot of pressure directly on this)
- ▶ Stir Stick
- ▶ Ground Coffee (fine)

- 1.** Prepare the Aeropress - add 1 paper or metal filter, if paper then rinse
- 2.** Add 20g finely ground coffee - Start close to the finest your grinder can do (unless you have an espresso grinder, then go just a bit finer than drip)
- 3.** Add 60g water, quickly and thoroughly stir to saturate all the grounds
- 4.** Immediately remove from scale, add plunger, and press down with as much force as you can - pressing should take no more than a few seconds
- 5.** If it's too bitter / astringent (if it claws at the tongue), make the grind a little coarser, if it's too sour / weak, make the grind finer.

Note: This process can be messy, be very careful during the press. Coffee can come out the sides of the filter in the Aeropress. You'll also be applying lots of downward force - if you don't push straight down you can easily knock everything over. If you don't use a mug that is heavy duty, you could break it.

Brew Coffee In A Mug

What's the simplest way to brew a good cup of coffee?

Why not just directly in the mug? No brewer. No filter. Just ground coffee, your mug, and hot water.

This technique always reminds me of Turkish coffee, which is really fine coffee brewed in an ibrik, and then poured into very small cups. No filtering involved. The trick to enjoying this coffee is to give it a few minutes to both cool and let the grounds settle.

Brewing into your cup is the same.

We're also going to borrow from the world of 'cupping' coffee. Cupping is the standard process for sample tasting and grading coffee. In this technique, coffee is brewed in cups and tasted from those same cups without filtering out any of the grounds.

How does it work?

The right grind and a little finesse are all you really need.

For the best experimental brewing, I recommend starting with a medium grind size. If you have your own grinder, start with it on 'medium' setting, in the middle of your grind range, or just a little bit coarser than pour-over.

While the grind size is important (it's the one thing you'll change brew to brew), getting

it right at the beginning is not. Since it's the one thing you can change from brew to brew, it means you have a high level of consistency and can adjust the taste of your coffee just by adjusting the grind size.

As always, let's start with the ratio. At 17:1, brewing into an 8-ounce cup, we want to leave room for coffee, so let's brew 7 ounces. You could be precise and say 202 grams of water and 11.9 grams of coffee, but let's just be nice and rounded and say 12 grams of coffee, 200 grams of water (This brewing experience favors a smaller ratio anyway).

Add your ground coffee, add your hot water, stir, and then wait 4 minutes.

By 4 minutes, you'll notice a crust as likely formed on the top of your cup. Take your spoon and gently break that crust. If you wish, you can take the opportunity to smell some extra potent aromas that are released (this is actually part of the cupping process). Then gently 'push' down the rest of the grounds at the top.

Give it another minute or two for grounds to settle. After this time you may want to scrape the rest of the bubbles and remaining floating grounds off your cup. OR, you can just simply enjoy your coffee. Yea you'll get a few grounds in there, but who cares? It's going to be a delicious cup of coffee anyways.

When you drink your coffee this way, you're leaving a bunch of grounds at the bottom of the mug. Be mindful of this. You'll run into them eventually. Don't worry about getting every last drop out of your cup.

VIDEO

Brewing Coffee in a Mug

Extracted TV



HOW TO BREW

Chemex

WHAT YOU NEED:

- ▶ Chemex (600 ml for this guide)
- ▶ Chemex Filters
- ▶ Coffee Ground Medium - 30 grams
- ▶ Gooseneck Kettle
- ▶ Spoon or stir stick

1. Add 30 grams medium ground coffee
2. Add 30-60 grams water - just enough to cover the grounds
3. Using your spoon or stir stick, gently stir the grounds to make sure all are saturated, then wait at least 30 seconds
4. Gently and evenly pour water onto the grounds - try to disturb them as little as possible. Add water until you reach 300 grams, or at it's highest you are 1/2 inch below the rim of the Chemex, whichever comes first.
5. As the water brews down, use your stir stick or spoon to gently push the grounds on the side of the filter down into the brew.
6. Before the water level reaches the bed of grounds, add more. Repeat this until you reach 500 grams (usually you'll be adding in 80-100 gram increments) - always be sure to pour gently and in circles.
7. Let the water brew down. When the water has passed below the surface of the coffee bed you can remove the filter and enjoy.

Brew with a Jar and a Rag

This is probably the second simplest brewing technique you can find, besides just brewing straight in a mug.

This is all about the core critical elements of brewing.

Ratio, grind size, water temperature, water quality.

You can see the section on those components in general here.

The Jar and The Rag.

What we have going on here we could consider a poor man's French Press. It's the same idea. We're going to fully immerse ground coffee in hot water for a few minutes, then filter. In this case, we're doing it in a jar, and filtering with a rag.

You could also use a sock (there are actual "brew socks" made for this), you could use cheesecloth, you could use a shirt. Keep in mind a few points about the filtering...

The main point of the filtering is to separate the grounds from the drink. Secondly is filtering out oils, which will happen when you use more porous filtering materials. This is why paper filters take out oils and metal filters don't. If you use cloth, you'll also filter out oils, but I can't say how much.

If you use cloth, you should also be mindful

of what else is in your cloth (chemicals, etc). I recommend giving your filter a real solid rinse with hot water before filtering the coffee.

From there, the process is straightforward.

To take a standard ratio of 17:1 - that's 17 grams of water for every 1 gram of coffee. And let's say we've got a standard 32 oz Mason Jar to brew in - this can fit 750 ml of water, but we're going to give some room for the coffee and brew 600 ML. That means we add a touch over 35 grams of coarse ground coffee (French Press grind).

Fill your jar with the ground coffee. Add your hot water, stir, then wait 4 minutes.

In the meantime, prepare your filter setup. If you have the tools available, the easiest thing to do is probably set your cloth in a fine-mesh strainer over a pot. Don't forget to rinse with hot water and empty out any rinse water from the pot.

At 4 minutes, I recommend giving the coffee one more stir, then pour it through your filter.

Finally, of course, serve and enjoy!

VIDEO

Brewing Coffee with a Jar and a Rag

Extracted TV





HOW TO BREW

Immersion Dripper

WHAT YOU NEED:

- ▶ Immersion Brewer (Bonavita or Clever)
- ▶ #4 Coffee Filters
- ▶ Coffee Ground Medium - 30 grams
- ▶ A Carafe or Large Mug

1. Set up the Immersion Dripper on your carafe/mug (make sure the dripper mechanism is fully depressed by the rim of the mug/carafe)
2. Add Filter and Rinse with Hot Water, then Empty the Carafe
3. Remove the Brewer and set on a flat surface
4. Add 30g Medium Ground Coffee
5. Slowly Add Water up to 500 ML/Grams, then Stir
6. Cover and Wait 3 minutes
7. Set brewer on top of carafe or mug, wait for coffee to drain. Enjoy!

Coffee Facts



Medium Roast

Coffees which are roasted more than 'light' but less than 'dark.' They exhibit taste characteristics of origin, but also bring in more caramelized sugars and tastes that are created in the roasting process. Often between first and second 'crack.' Some of my favorite medium roasts exhibit flavors like chocolate, caramel, and graham cracker

Grind Coffee with no Grinder

So, what happens if you're stuck at home with no coffee grinder, but you have whole beans?

On the surface, this seems like a weird case scenario. My typical response would be 'go grind your coffee at the grocery store' (even though that's not terribly optimal, you gotta get your coffee ground). Or ask your cafe to grind next time you buy a whole bean bag.

However, we live in a world now where that can be an unreasonable task, and often just not possible.

So, how do you grind coffee with no coffee grinder?

First, let's take a quick look at what's actually happening when we grind coffee ...

The Purpose of Grinding Coffee

The process of brewing involves grinding down roasted coffee into fine particles, but not because we're dissolving coffee into the water. What's happening when you brew coffee is when water comes into contact with the coffee particles, by the simple process of osmosis it extracts the various taste and aroma compounds, leaving behind everything we don't need - which is most of what's there. A brewed cup of coffee is typically about 98.5% water, and 1.5% "coffee solids" (the bits which taste and smell good hopefully).

But it's not simply good enough to just put

roasted coffee beans and water together. What you need is surface area. Take a single coffee bean for example, and imagine the entire surface of that coffee ... now explode that bean out into 1000 little pieces, and imagine how much more surface area of that coffee is available for the water to interact with.

The more you grind down your roasted coffee, the more surface area you get, the more water is able to interact with the soluble compounds of the coffee. You can be too fine and create a bitter coffee which claws at the tongue (too much extracted, because there's too much surface area), and you can go too coarse, creating a sour thin brew (not enough extracted, not enough surface area).

What Grind is Best?

But the amount of surface area is not the end of the story. The shape of that surface impacts how the water interacts and extracts these soluble compounds as well.

Imagine for a moment a cube, and then something much differently shaped like a plate. Let's say they technically both have the same surface area. You can probably imagine that the water is going to interact with these differently. Now, what if the cube is tiny and the plate is huge - suddenly a much greater disparity.

This is kind of what's happening with a typical blade grinder (like a spice grinder).

The coffee beans get chopped at by incredibly fast-spinning blades, and you get little fine pieces of that coffee in all different shapes and sizes. Because of this disparity in shape and size, the soluble compounds which extract are not uniform.

Remember when coffee grounds are finer, you end up with more surface area, and coarser you end up with less. And when the coffee grounds are too fine, you get a bitter clawing taste of over-extraction, and too coarse, a sour thin brew. Well, what happens if you get both at the same time?

This is why blade grinders are shunned in the circles of specialty coffee because they remove your ability to create uniformity and control in your brew. You end up with over-extraction, under-extraction, and probably some little bit of proper extraction, all in the same cup. The result at best is a muddled taste experience.

A burr grinder, on the other hand, does not chop the beans, it crushes them, and does so in a way which essentially causes the bean to burst - to a reasonable level of uniformity. The tighter the burrs, the smaller the burst particle size. You can simulate this by taking a coffee bean, putting it on a hard surface, then using the edge of your thumb applying pressure until it cracks. Naturally, you'll end up with huge particles because your thumb is not a finely crafted metal burr, but you'll see the bean breaks into particles that look similar for the most part.

Can we mimic a burr grinder?

This lesson is informative for grinding without a grinder. Because that crushing action is what's important, and something we can possibly replicate without a grinder.

Before I dive into this (also be sure to check out the video at the end of this article), I can say that in a pinch, a blender or a small food processor technically works as a coffee grinder. So that might be your simple answer - but if you don't have those, or you want to explore some possible better grind quality options, let's dive in ...

The easiest answer is to use a mortar and pestle. This tool is probably less common than a blender or food processor, but if you have one you can get a very good grind quality with a mortar and pestle.



The next option is to try to mimic something like a mortar and pestle. The problem is that most objects which are similar which you're going to find - like bowls - aren't made for this kind of aggressive action.

I think the easiest, or perhaps safest, thing to do is my Pot-Towel-Crush method. (I just made that name up)

What you need:

1 - 2 towels

1 pot with flat bottom (the larger and heavier the better)

1 solid hard surface to smush coffee on

Take one towel, lay it flat, and then place the coffee you want to grind in small bunches on the cloth. What's going to end up making this possible is essentially a leveraged pinching force between the solid surface and the pot.

Cover the beans with your second towel. This is really to just keep the beans from flying everywhere.

Take your pot, the larger and heavier the easier this will be, then start crushing.

You'll notice you can't really get fine with this method, and you're going to need to shift around your coffee beans frequently to get to a reasonable grind size. But you can get a pretty good coarse, and perhaps even a medium-coarse - good enough if you work at it for an auto-drip machine or some pour-over brewers.

As I made the video for trying out this process, I did find the pot method to be rather silly labor-intensive. However, if I was desperate for a grind, I would probably do it. The best use of the time/effort might be to make a large cold brew concentrate since you can get several cups of coffee for your efforts.

Alternate ideas for this process might include using a rolling pin (which I didn't have to experiment with), or possibly something like a wine bottle. The idea is to create that leveraged pinching of the beans between a solid surface and whatever you're using to grind.

VIDEO

Grind Coffee With No Grinder

Extracted TV



Coffee Tastes



Nuttiness

Tasting of nuts is a common taste to be found, especially in Central and South American coffees. Brazil coffees in particular often have a strong taste of peanuts or peanut butter-like treats.

HOW TO BREW

A Better French Press

WHAT YOU NEED:

- ▶ French Press (800ML)
- ▶ 2 Spoons Ground Coffee (medium-coarse)

1. Add 50 grams of medium-coarse coffee - darker roasts lean coarser, lighter roasts lean medium (1:16 ratio).
2. Add 800 grams water, 30 seconds off the boil.
3. Stir, cover, wait 4 minutes.
4. At 4 minutes, take a spoon and push down the surface of the grounds (you can quickly stir).
5. Using 2 spoons, scoop the foam and remaining floating grounds off the top.
6. Press down, pushing all remaining grounds to the bottom.
7. Pour and enjoy!



READERS QUESTIONS

How do I make my bad or mediocre coffee palatable?

What makes a coffee mediocre or bad?

This is in many ways a highly subjective topic – what is good or bad in terms of the taste of a coffee. We can claim objectivity by following specialty coffee grading guidelines, in which via taste and aroma coffee is graded based on “objectively” good and bad aromas and tastes.

There are generally accepted ‘bad’ tastes and aromas in coffee, such as burnt/carbon, wood, mold, grass, and gradients like too sour or too bitter or not sweet enough.

How coffee gets to having these poor qualities is complex. The easiest way to think about it is in two broad categories. There’s the quality of the originating green coffee, and there’s the quality of the roast itself.

The qualities of coffee as they pertain to the roast is where most contentious perspectives arise. Taste results like burnt/char are arguably “bad” as you can claim technical error, but many roasters do this on purpose because many people like this taste. Some actually consider lighter roasted coffees to be a mistake because they view properly roasted coffee as being quite dark with the sugars well caramelized (and beyond).



The qualities of coffee, as they pertain to the green coffee, are far less subjective. Assessing the quality of green coffee is pretty universal. Poor taste quality, which is a result of issues on the green coffee level, typically comes down to processing techniques as well as storage and handling. The cleaner and more technically 'good' all of these techniques, the higher quality the coffee is (even if it's a relatively generic grown coffee plant).

The real question here comes down to this... regardless of what your perspective is on coffee taste, you'll find coffees you don't enjoy the taste of, and you might end up stuck with these if you are buying a lot of roasted coffee to brew at home.

What do you do, if you don't enjoy some of the tastes of your coffee?

The first step is to assess if the problem you are having is with your brew technique. For this case, we're going to assume your problem is NOT your ratio, grind size or water quality.



For situations where your roast is too dark, or roast is too light

The answer here is the opposite of the same coin, and that is changing your water temperature. A lot of people who venture into darker roasts who are used to brewing lighter/medium roasts can find extreme levels of bitterness and carbonization in comparison. The easiest trick here is to simply lower your water temperature.

You've probably seen the prevailing advice in coffee be 'brew at high temperature.' Often in the range of 202-206 degrees F. I usually just boil my water and brew straight away. This

is done because a lot of the natural taste of coffee needs that heat to unlock.

The issue with dark roast is most of those compounds have been roasted to a state where they are no longer enjoyable. So if you brew a dark roast at 205 degrees, you'll end up extracting a lot more bitterness. If you drop your brew temperature to just 195 degrees, you'll discover the same base 'taste' of the coffee, but it will be much smoother (and probably sweeter).

The opposite is true for folks who brew dark roast, and then turn around and try brewing a light roasted coffee. At a lower temperature, lighter roasted coffee can come off sour, missing flavor, or just relatively flavorless. This is compounded by the fact that light roasted coffees, in general, have much more subtle and delicate flavors than dark roasted coffee. If you're used to bitter and char, and you're presented with a light roasted sweet fruity coffee, you might just not perceive what's there. So if you are going from dark roast to light roast, make sure your water temperature is above 202 degrees F (again, I just boil on a kettle and then brew straight away).

Coffee just seems cheap/bad/bleh

This is my broad description of coffee which is just flat not tasting great. Maybe its some cheap 6 dollars a pound bulk junk. It may be super old. It may be greasy. It may just be some junk low-grade green coffee which was thrown all together and then roasted for a cheap sell.

So far I've found the best answer to this kind of coffee is Cold Brew.

There's something about the cold brew process which doesn't pull out a lot of negative flavors in coffee. If the oils of the coffee are rancid, you'll still end up with that taste in there, so it's not 100% effective (though you can try paper filtering your cold brew if this is the case). But often if you have an old generic 'bleh' tasting coffee, doing a cold brew will give you something smooth, a little sweet, and just quite drinkable.

If you desire hot coffee, well good news. You can heat up cold brew, and the result can be really pleasant.



HOW TO BREW

The 4:6 Brewing Method

WHAT YOU NEED:

- ▶ Any manual pour-over brewer
- ▶ Coffee ground coarse (30 grams)
- ▶ Slow pour kettle and hot water (205 degrees)
- ▶ A timer
- ▶ A scale

- 1.** Grind 30 grams coffee coarse and add to filter
- 2.** At 0:00 (start timer) pour 60 grams water
- 3.** At 0:40 pour to 180 grams water
- 4.** At 1:20 pour to 270 grams water
- 5.** At 2:00 pour to 360 grams water
- 6.** At 2:40 pour to 450 grams water
- 7.** Finish dripping by 3:50 (adjust grind size if time does not line up)

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Almost Out of Coffee

Coffee Lovers Radio



Another social distancing episode of Coffee Lovers Radio, Joseph and Jesse coming to you from “The Terrace” and talking all about running out of coffee. What would you do?

Hosts

Joseph Robertson, Extracted Magazine

www.extractedmagazine.com

Jesse Nelson, Conduit Coffee

www.conduitcoffee.com



READER QUESTIONS



*How do I preserve the
freshness of my coffee?*

A lot of people are buying coffee in bulk these days.

Let's talk about storing that coffee.

I'm actually not going to go into crazy detail on coffee storage. Instead I'll point you to the article I published on the subject years ago, in which we compared several different regular methods for storing coffee in order to find the one which preserves accuracy and vibrancy of taste over periods of more than a month.

The absolute best long term storage is freezing coffee. However you must take care to be wary of the moisture being exposed to that coffee. In order to freeze coffee and preserve its taste characteristics, you must freeze in airtight, light tight containers. The most ideal scenario is vacuum packing coffee a week after roast, then freezing it inside a dark bag (the opacity is to prevent any incidental light exposure).

Then when you are ready to enjoy the coffee, take it out of the freezer and let it sit away from any light and come to room temperature. Only then should you open it to enjoy. Opening a cold bag of coffee from the freezer can cause condensation on the beans.

My preferred method for freezing a lot of



coffee is to do so in batches not larger than I'd consume in a week's time.

Any coffee you aren't going to consume within 1 month should be frozen for optimal preservation.

Coffee you are consuming on a regular basis doesn't need to be frozen, but should be kept away from light and moisture above all else. The air will also contribute to the coffee's degradation of flavor and aroma, but not as much as moisture and light.

The cheapest way to do this is a jar with blacked out sides, so it is completely opaque (in my exploratory article I gaffer taped a jar). There are great coffee storage containers as well - I use an Airscape.

If you have a bag of coffee you're going to consume within a week or two, I personally think it's fine in the bag it came in (unless that's a clear bag).



Monthly Coffee Chronicles

A white ceramic mug filled with dark coffee sits on a light-colored surface. Behind it, a folded newspaper with visible text is partially visible.

In 1950, Americans Had Aspic. Now We Have Dalgona Coffee

This is an interesting look at unusual food culture which comes about during large cultural challenges (war, depression, etc) ▶ [Read More](#)

This Cafe will Custom Roast Every Cup of Coffee

A rather intriguing idea for a cafe/roaster, where you can customize roast which will end up in your cup. ▶ [Read More](#)

The War On Coffee

This article takes a look at the rise of our broad cultural viewpoints and behaviors with coffee, and how this is at odds with the newer 'third wave' coffee cultures which are trying to approach coffee differently. ▶ [Read More](#)

How the Pandemic is Impacting Coffee Supply Chains

Something you probably aren't thinking about is the impact this pandemic is going to have on your coffee outside of the cafes around you struggling. As you read this, coffee harvests around the world are disrupted, with fruit not being picked and rotting on the trees. What will happen? ▶ [Read More](#)

From Coffee Filters to Safety Masks in a Hurry

This is pretty cool, and the kind of thing we're going to see for awhile in the new world we live in. ▶ [Read More](#)