

Pour some coffee on me  
(ouch plz don't)

The art of pour over coffee

# What makes a cup of coffee?

All coffee brewing methods involve the same three general phases: **wetting**, **dissolution**, and **diffusion**.

## **Phase 1: Wetting**

Coffee is dry so you make it wet. One of the by products of roasting is the coffee bean stores CO<sub>2</sub> and when you wet the bean it allows the CO<sub>2</sub> to be released and for the water to enter those empty pockets to extract even more flavor.

## **Phase 2: Dissolution**

The hot water will dissolve the solubles in the beans' cells in this phase. Getting a tasty brew is all about stopping the brewing at the perfect moment—after you've dissolved the good flavors but before those nasty flavors start to dominate.

## **Phase 3: Diffusion**

Diffusion is about taking that dissolved stuff and transporting it out of the coffee grounds via osmosis.

# The Legend of Pour Overs

## History

Is boring, but I added a link in the notes if you're interested.

**Why?** Precision, Efficiency, Fun (duh)

Pour Overs are the most precise methods where you can control every variable that controls flavor, mouthfeel, acidity, body and other factors

Cost effective for high quality coffee.

Teaches perseverance, patience, tolerance, and humility.

# What you will need

## Fresh **ground coffee**.

- The fresher the better. Grind your own it's better.

## Fresh **filtered water**.

- You get out what you put in. (Optional: Gooseneck Kettle)

## Fresh **pour over device w/filter**.

- But which one? Any of them? They all have some gimmick as to why they are the best and some will taste different than others but that doesn't matter right now. (I like Chemex?)

## Fresh **timer**.

- For timing your pour and consistency.

## Fresh **scale**.

- Making sure you are getting the right ratio of water and coffee.

## Fresh **perspective**.

- Because this will blow your mind.



# How to brew that sweet nectar that is **COFFEE!**

- Weigh your coffee and water. The golden ratio is 1:16 coffee to water, and try and fill up your brew device about  $\frac{3}{4}$ .
- Grind your FRESH coffee beans medium coarse (think sugar in the raw).
- Heat your water to 200-205 degrees Fahrenheit (depends on bean roast).
- Pre wet your filter with hot water. Takes out the paper taste and sticks it to the brewer. DON'T forget to empty it or you're gonna have a bad time.



# Continuation

- Add grounds and shake around to distribute evenly.
- Add enough water to cover the grounds and wait 30sec for the coffee to bloom (wetting).
- Start pouring in the rest of the water starting from the middle and circling out making sure to evenly coat the grounds and not pouring on the edges. This should take about 2-3 total time including draining all of the water.



# Whats next?

Make adjustments. Chase that perfect cup with the perfect extraction and balance.

Compare different pour over devices.

Drink more coffee!

Join our coffee snobs tasting on Tuesdays at 3:30 to talk about the subtly of coffee and marvel in the genius of Tobie's coffee making prowess.