

Aeropress Inverted Method



The AeroPress is a device for brewing coffee in which the coffee is steeped in a brewing chamber and then forced through a filter by pressing the plunger through the brewing chamber. There are two ways to make coffee with the AeroPress – the traditional method or the inverted method.

1. Set up AeroPress in the inverted position: Place the plunger inside the brewing chamber with the black rubber part on number 4. Flip upside down and place the top of the plunger on the table, with the filter cap off.
2. Place 1-2 AeroPress scoops of medium grind coffee into the brewing chamber.
3. Pour hot water, just off the boil, into the chamber so it is half full.
4. Stir gently with the stirrer to ensure all grinds are saturated.
5. Fill up chamber to the top with more hot water.
6. Allow to brew for 1-2 minutes. Whilst coffee is brewing, rinse paper filter under water and place into filter cap.
7. Twist filter cap onto the brewing chamber.
8. Flip AeroPress over onto a sturdy mug. Gently press down on plunger. It should take 20-30 seconds to depress.
9. Dilute concentrated brew with hot water or milk to your liking.