

# AeroPress



The AeroPress was invented in 2005 by Alan Adler, the creator of the Aerobie throwing ring – hence the name. It is portable coffee brewer that many coffee professionals take with them when they travel around the world. When you factor in the full-bodied flavour that can be achieved through the AeroPress and the ease of cleaning, it is easy to see why this coffee brewer has such a dedicated following.

## You will need

- 17 g Kōkako Coffee
- 250g fresh filtered water + additional water for rinsing your paper filter
- AeroPress & AeroPress filter (paper or metal)
- Adjustable burr grinder
- Programmable water boiler or kettle
- Scales
- Wooden stirrer

## Keys to a good extraction

Use freshly ground Kōkako coffee beans and the correct amount & temperature of water. Compress the AeroPress in a slow and controlled way. Do not try to press too hard. Using more coffee or less hot water will result in a stronger brew. You can try different ratios to suit the coffee you are using or your own personal preference.

## Method

- 1** Add filtered water to a kettle and boil to 80C°. If you do not have a temperature programmable water kettle, boil the kettle and leave it to stand for around 5 minutes, it should then be close to 80C°
- 2** Weigh out 17g of whole bean coffee and grind on a medium-coarse grind setting – somewhere between a plunger and drip filter grind.
- 3** Put a filter paper (or metal if you are using one) into the filter holder and lock into the body of the brewer.
- 4** Rinse the filter and preheat the AeroPress with hot water, as this avoids any papery taste from the filter. In addition, add hot water to your mug to avoid coffee becoming cold upon contact with the mug.
- 5** Place your mug on your scales and put the main part of the brewer on top with the filter at the bottom. Add the ground coffee on top of the filter.
- 6** Add 40ml of hot water on top of the ground coffee to allow the coffee to bloom, stir 5 times with a wooden stirrer and then leave for around 40 seconds. This is to saturate the grounds and release gas from the ground coffee.
- 7** Add the rest of the water (210g) and stir once.
- 8** Leave the brew to infuse for around 30 seconds, then press very slowly for around 30 secs. Don't press right down to the limit - stop before you hear the air wheeze. If you extract the last of the coffee it can make your brew taste cloudy and put sediment in your cup. If you are finding the AeroPress too difficult to press, you may be pressing too hard. When you start pressing, depress the plunger about one centimetre and hold it. Several secs later, press the plunger a little deeper and continue in a smooth motion to the bottom.

**Happy Brewing!**