



# COFFEE BREW GUIDE

“ Everything You’ve  
Ever Wanted To  
Know About The  
Perfect Cup Of  
Coffee But Were  
Too Afraid To  
Ask.”



# Overview

Welcome, Lifebooster!

We're so glad that you're here and welcome to our brand-new guide, *"Everything You've Ever Wanted To Know About The Perfect Cup Of Coffee But Were Too Afraid To Ask."*

In this short and simple guide, you'll discover quick and easy steps for the following:

1. [How To Use a French Press.](#)
2. [How To Use A Pour Over.](#)
3. [How To Use A Drip Coffee Maker.](#)
4. [How To Use An Espresso Machine.](#)
5. [How To Make Cold Brew.](#)
6. [How To Make An Iced Coffee.](#)
7. [Your Most Asked Questions.](#)

Sounds pretty cool, right?

Feel free to read the entire guide to familiarize yourself with [just about] everything you'll need to know about coffee brewing or just click the link(s) above to discover more about that particular topic!

# How To Use A French Press



These are three of the most interesting facts about the French Press:

1. The French Press goes by various names around the world. In Italy, the Press is known as a caffettiera a stantuffo, in Germany, it is known as a Stempelkanne, and in New Zealand, Australia, and South Africa, the apparatus is known as a coffee plunger.
2. The “French Press” wasn’t actually originated in France (kinda like french fries being from Belgium). In actuality, the French Press was patented in Milano, Italy, around 80 years ago as of 2019.

3. Most importantly, roughly 90% of folks use the French Press WRONG!

If you want to enjoy your perfect cup of French Press coffee the right way every single time then you need to follow this easy step-by-step guide!

## Step 1: Measure your coffee

Use your coffee grinder to grind your beans. For best flavor, it's **important to freshly grind your beans on the coarsest setting in a burr grinder.**

Measure the amount of coffee beans that you need and place it in the Press. The rule of thumb is that one cup of coffee should equal one tablespoon of ground beans.

**COFFEE TO WATER RATIOS**

**RULE OF THUMB**  
1 Serving = 1 Cup Water to 1 Tbsp Ground Coffee

SERVING	WATER	COFFEE
1	1 cup / 250 ml	1 tbsp / 15 g
2	2 cup / 500 ml	2 tbsp / 30 g
4	4 cup / 1000 ml	4 tbsp / 60 g
8	8 cup / 2000 ml	8 tbsp / 120 g

## Step 2: Pour the water

The amount of water you'll use depends on the amount of coffee beans that you're using. Typically, you'll use a 1:15 coffee to water ratio. Simply put, for every cup of coffee you want, you'll add a tablespoon of beans and add one cup of water (8oz). (6oz of water to make it stronger) See: chart below.

Now, your water temperature is also very important!

You don't want to use boiling water. Rather, heat the water slightly below the boiling point, which is about 200 degrees fahrenheit.

You could also opt to boil the water and let it cool for 1-2 minutes if that's easier for you.

Add water gradually.

### Step 3: Stir!

Stir your brew vigorously using an up and down motion.

### Step 4: Put the lid back

Now that you have your coffee and water poured (in that order), you can put that good ol' lid back on top!

Leave the lid on for four minutes and let the coffee steep. If you want your coffee stronger, let the coffee sit for 5-7 minutes. We recommend setting a timer either way!

### Step 5: Press the plunger down with ease

When time is up, slowly press the plunger all the way to the bottom to extract all of your fresh coffee properly.

### Step 6: Pour the coffee ASAP

Make sure you pour your French Press coffee in the cup as soon as you're finished. If you let your coffee stay in the press for too long, it can become bitter!

Oh, and don't pour every last drop from the press. Leave some at the bottom, because the last bits of coffee will have a high concentration of silt (you don't want to feel like you're drinking bits of sand at the end!).

And there you go...you now know how to enjoy a perfect cup of French Press coffee, and start your day the right way, every single day. Enjoy!

## MEASUREMENTS

French Press Size	3-Cup	4-Cup	8-Cup
<b>Coffee</b>	17 grams (2-3 tbsp)	27 grams (4-5 tbsp)	54 grams (8-10 tbsp)
<b>Water</b>	10oz (1.25 cups)	14.5oz, (1.8 cups)	29oz, (3.6 cups)

# How To Use A Pour Over



In a world where we let machines do most of the work for us, there's something almost magical and enjoyable in doing things the old fashioned way, isn't there?

Enter: making a pour-over coffee.

That soothing and calming motion of pouring water over coffee and watching it drip is something can be very soothing. It's almost ritualistic!

Follow this quick step-by-step guide so you can create your perfect cup of pour-over coffee.



Even if this is your first time, I can guarantee you'll love it or you have my money back guarantee :-)

## Step 1: Prepping your Pour

Before you brew, place your filter in the brewer and lightly rinse it with hot water. This will rinse out any paper residue (which alters the taste), seals your filter, and also warms up your brewer.

## Step 2: Get your water going!

First and foremost, bring at least 20 ounces of water (or 2.5 cups) to a boil. The amount of water that you'll use varies depending on how many cups you'll want to make (so every cup should require 10 ounces of water).

## Step 2: Grind your fresh beans

This is crucial for the perfect taste. Make sure you grind your coffee beans right before you'll be using them! The coarseness should be that of sea salt, so a medium course-ness.

To make a pour-over coffee the right way, you'll need to:

1. Measure the right proportions of coffee and water, and;
2. Heat the water to the proper temperature.

When it comes to your coffee bean to water ratio, you'll want to be between 1:14 to 1:18 coffee to water ratio. For 20 ounces

## Step 3: Wet the coffee

First, place the filter in your dripper.

Add your freshly ground coffee in the filter.

After that, slowly pour about a quarter of the water over the coffee. Give it about 10 seconds for coffee and hot water to blend.

## Step 4: Pour the rest of the water

Your second pour is what is known as the “bloom pour.” The bloom pour saturates all of the grounds and will help later with an even extraction of the beans.

Pour about twice the amount of water to coffee in a circular motion to make sure you get all of the grounds wet. This should take between 30-45 seconds.

**Make sure that you pour in slow and steady spiral motions to keep everything even.**

## Step 5: Enjoy your coffee.

Now all you have to do is grab a good book, lay back on your favorite chair, unfold the morning paper, and just relax with an amazing cup of coffee. You deserve it!

# How To Use a Drip Coffee Maker



If you love a good cup of coffee (I mean, who doesn't?!) but you always seem to be in a hurry then the drip-coffee machine is a Godsend.

You can properly use a drip coffee maker and make a perfect cup of coffee every single time even if you feel like you're always racing around with no time to spare!

## Step 1: Prepare the coffee

Measure your beans according to how much you want to make (keeping in mind that the coffee to water ratio should be around 1:16 parts).

In other words, for every gram of beans then you'll use 16 grams of water. For instance, if you wanted to make a 10 ounce cup of coffee, you would use 320 grams of water (10.82 ounces) and 20 grams of coffee (.7 ounces).

Once you've measured your beans, pour them in the grinder.

**IMPORTANT:** Do NOT grind your coffee beans in advance. Grind them just before you're about to use them. Trust us, the flavor will explode this way and you'll have an even more enjoyable experience!

I recommend grind your beans between a course and a fine grind for best results. See: [How To Grind Coffee](#) for more info here.

## Step 2: Prepare the machine

First, place your filter into the filter basket and rinse it with some hot water.

Next, add your coffee grind into the filter. Finally, add the appropriate amount of cold water to the machine. Again, please keep in mind the 1:16 coffee to water ratio!

## Step 3: Turn the coffee machine ON, and wait

After the machine is done, pour your coffee in your favorite mug (how 'bout that cute Snoopy one you've got?) and go make your day the best one yet.

## MEASUREMENTS

<b>Water</b>	24 ounces (3 cups)	36 ounces (4.5 cups)	48 ounces (6 cups)	60 ounces (12 cups)
<b>Coffee</b>	44 grams (6-9 tbsp)	66 grams (9-13 tbsp)	88 grams (12-17 tbsp)	110 grams (15-20 tbsp)

# How To Use An Espresso Machine



Espresso (not ex-presso!) coffee is one of the most popular ways to make coffee in the world. Angelo Moriondo invented the espresso machine back in 1884, and coffee lovers have coveted the deep, dark, and delicious brew ever since.

Now, generally, if you want to get a good cup of espresso coffee, you'd need to visit a local hipster coffee shop or upscale French café.

It might be a quality product but we don't want you paying an arm and a leg!

As such, we put together all of your local barista's secrets in order to make the same, if not better, espresso from the convenience of your home.

## Step 1: Prepare the espresso machine

First, remove the portafilter (the metal mesh strainer) from your espresso machine and wipe it clean. Make sure that it is spotless!

Next, purge the group head with hot water. The group head is the "heart" of your espresso machine where all of the magic happens!

## Step 2: Prepare your espresso

For each cup, you'll need to grind your beans to a fine consistency until you have two tablespoons (1 ounce or 2 tbsp).

As mentioned before, if you want the full flavor, then you want the beans to be as freshly ground as possible!

## Step 3: Pour your espresso into the portafilter

Use your fingers to drizzle the coffee evenly across the portafilter. You do not want any coffee left around the edges.

Next, use a tamper to evenly tamp your grounds throughout the portafilter.

## Step 4: Make your espresso

Put your coffee cup in the machine.

Next, place the portafilter onto the group head, and turn the machine on.

Finally, give the machine about 30 seconds to really finish brewing before you turn it off. What you want to do is stop once the shot starts to thicken and starts “blonding.”

## Step 5: Godetevi il vostro caffè!

That means, “Enjoy your coffee!” in Italian. (Unless Google Translate lied to me. :))



# How To Make Cold Brew Coffee



We know you love coffee but wanna try it in a new and refreshing way?

Cold brewing is one of my personal favorites. It gives you the least acidic cup of coffee you can drink, so the taste is smooth and non bitter.

Look no further than cold brew coffee!

Unlike other coffee brewing techniques, the key difference being that cold water is used to brew.

While cold brew does taste amazing, it does come with only a downside...

It can takes about 12-24 hours to brew!

To prepare it, you can use a cold brew coffee maker. (They are sold everywhere now)

Or, you can just use your french press as well. Or a wide mouth mason jar. (Check out the rumble jar on amazon)

For this quick guide, I'll assume you don't have a cold brew coffee maker, so we'll use the tools we have at home.

## Step 1: Prepare the "machine"

You can also use a wide-mouth mason jar. The size will depend on how much coffee you want to brew.

As for the ratio, there are no rules with this particular drink. Most coffee lovers found out that the best coffee:water ratio for cold brew is between 1:5 to 1:8.

For simplicity's sake, I recommend a ratio of eight ounces of ground coffee to eight cups of water which is one ounce of coffee per cup. This makes it easier to scale this recipe up or down.

## Step 2: Grind the coffee

Again, you don't want to use coffee that's been sitting around; you want a fresh grind. This is a coarser grind similar to the consistency of raw sugar. You'll want one ounce of coffee per cup of coffee you want to make.

## Step 3: Mix

Combine water and coffee in the jar.

Stir them to combine better. Then leave it for a few minutes, and stir it again.

## Step 4: Let it brew

Put the lid on the jar, and keep it in the fridge.

Give it between 12-24 hours to brew. (Slow, I know. But it's worth it).

## Step 5: Filter it

Time is up!

Now it's time for the final step....

Place a thin paper coffee filter (or a cheesecloth) over a fine-mesh strainer.

Pour the mix that's inside the jar into the filter. You can use a second jar for this.

It should take about 20 minutes to completely filter the mix.

## Step 6: Get it ready to drink

The filtered mix you have at this point is a concentrate and will need watered down when you drink it.

To prepare it for drinking, take a cup and fill it with a quarter of the cold brew. Then, just add a half a cup of cold water to your concoction and as much ice as you'd like.

And voilà!

You have your cup of cold brew coffee ready to enjoy whenever you'd like!

And what's left of the mix you can simply put away in the fridge. It can stay there for about two weeks and remain just as delicious as when you made it!

I like mine with 6oz of cold brew to 3-4oz of water and a splash of organic heavy whipping cream! Yum!



# How To Make Iced Coffee

As Will Ferrell's character, Mugatu, said in the 2001 comedy movie "Zoolander"...

"Iced coffees are so hot right now."

Okay, that's not the exact quote...but close enough.

The point is, if you want to make your own perfect cup of iced coffee then you're in the right place, my friend.

So let's dive in.

## Step 1: Prepare your coffee

Measure the amount of coffee you want to prepare.

Just keep in mind that the coffee to water ratio should be about 1:16 (one gram of beans to one 16 grams of water). If you wanted to make a 10 ounce cup of coffee, you would use 320 grams of water (10.82 ounces) and 20 grams of coffee (.7 ounces).

Next, put the coffee beans in the grinder and grind them to medium, medium-fine.

## Step 2: Prepare water

Since we've decided on 1.25 cups of water (10.82 ounces), we would heat our water for a few minutes until it reached and leveled out at about 200 fahrenheit. (the point right before boiling)

## Step 3: Pour it

Take an empty jar or a mason glass that fits approximately 12-16 ounces.

Next, you'll fill the jar or glass about a quarter of the way with ice..

Place your filter over the jar. Add coffee to the filter. And now slowly pour hot water over the coffee.

Leave it for about 2-3 minutes and then enjoy your perfect iced coffee!

# Frequently Asked Questions (FAQs)

Below is a collection of the most common questions along with their answers that we've ever gotten from fellow Lifeboosters.

If you have any additional questions about any coffee preparation method mentioned above or the FAQs below then we encourage you to reach out at your convenience by calling us toll-free at 1-800-479-1596 or emailing [support@lifeboostcoffee.com](mailto:support@lifeboostcoffee.com).

## What are the Fixes For Bitter Coffee?

If you were to ask 10 random people in a local café, then you'll probably definitely get 10 different answers.

But ask them what kind of coffee they don't like, and I'm sure they'd all inevitably give you the same answer...*bitter* coffee.

Besides, no one wants to experience the infamous, "bitter coffee face."



Here are the six main reasons why your coffee may be bitter and what you can do to eliminate your coffee's bitterness forever! The "six bitter coffee contributors" are as follows:

1. **Time** - Brewing your coffee for too long.
2. **Temperature** - Water that's too hot or too cool.
3. **Quality** - Stale or poor-quality beans.
4. **Ratio** - Too much coffee for the amount of water.
5. **Grind** - Coffee grounds that are too small or large.
6. **Cleanliness** - Dirty brewing equipment.

Now, let's review the quick 'n easy fixes for each one of these obstacles.

## 1. Time

### THE PROBLEM:

Over-brewing your coffee is one of the most common reasons your brew tastes bitter. Much like tea, coffee gets its flavor from steeping in hot water.

As such, if you let your coffee steep for too long then the natural bitter flavors in coffee will come through and will cause your coffee to taste burnt.



## THE FIX:

There are two keys here:

1. Know exactly how long you need to brew for the brewing method of your choosing, and;
2. Set a timer so that you'll know when it's time to enjoy the good stuff. Easy, peasy!

## 2. Temperature

### THE PROBLEM:

Lots of people bring their water to a boil and get right to brewing. But 212°F is actually a little too hot for coffee brewing! This is another way that coffee gets over-cooked.

### THE FIX:

Patience.

But, if you're like me...then you want your coffee now! A temperature controlled kettle will let you choose a temperature just below boiling (195–205°F) which eliminates the need for any guesswork.

If you're brewing the ol' fashioned way then taking the water off the boil for 30-45 seconds is all it takes to bring the temperature down to the magic coffee brewing range. Just remember that hotter water equates bitterness and cooler water results in a weaker taste.

### 3. Quality

#### THE PROBLEM:

You know the saying, “Not all coffee is created equal.” Of course you do! It’s basically science :-)

The problem with cheap coffee? It’s over-roasted to cover up the imperfections caused by low-altitude growing and mass harvesting (the opposite of what we do).

When coffee is over-roasted, it tastes bitter and burnt much more like ash (rather than the fruit it comes from). Once the beans have been burnt, you can’t un-burn them.

#### THE FIX:

Buy better beans!

\$25-\$35 for a 12 oz bag of Certified Organic, Specialty Bean, Single Origin Low Acid Coffee, but when you realize that it comes out to a measly 75 cents per cup (compared to 3-6 bucks at a coffee chain or local café) and you experience the drastic taste difference; you’ll never go back to the world of bitter beans EVER AGAIN.

That’s why I highly recommend you sign up for our coffee club to try freshly roasted, specialty-grade coffee at home whenever you’d like!

## 4. Ratio

### THE PROBLEM:

Don't get too carried away with those beans! Adding too many coffee beans relative to the water content you mix with is an easy way to make your coffee taste too strong and/or bitter.

### THE FIX:

Stick to the script!

For automatic drip machines, try 1-1.5 tablespoons of coffee grounds for every 6 ounces of water used. For other brew methods like the French Press or pour-over, try 1.5-2 tablespoons.

If you want to get it down to a science, we highly recommend using a scale and following our guide to choose the brew method of your choice!

## 5. Grind

### THE PROBLEM:

If you grind your coffee too finely, you can over-extract and expose the beans in the process. Much like cooking, excessively grinding can easily lead to a bitter brew...and nobody wants that!

**THE FIX:**

Make sure that you use the correct grind level for the brew method you plan on using.

## 6. Cleanliness

**THE PROBLEM:**

The leftovers from your last few brews can add up fast and cause future brews to be quite bitter because of the leftover coffee bean residue.

**THE FIX:**

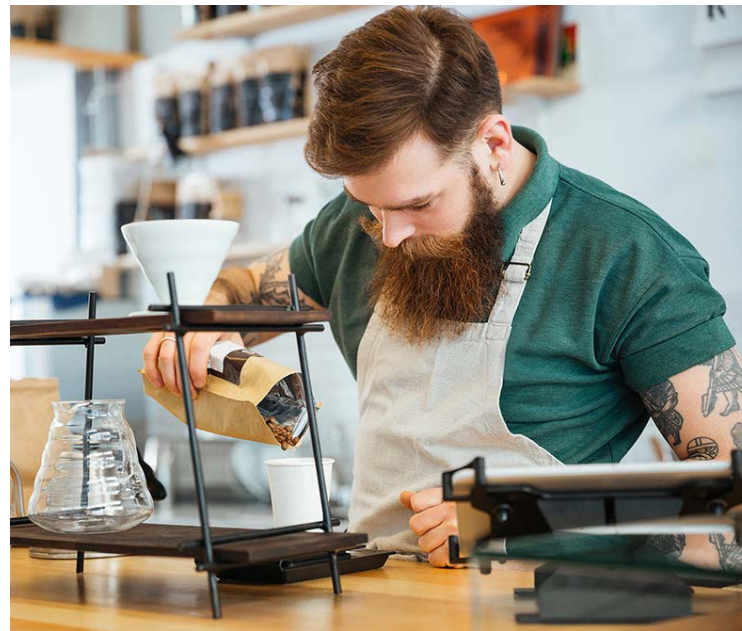
Clean, clean, clean! Quick tip: it's always easier to clean your equipment right after you use it...just make it a habit and you'll never have to deal with this problem again!

# What are the Fixes for Weak Coffee?

If you find that the coffee you make at home tastes too weak or watery then never fear!

Here are the top four reasons your coffee might be tasting more watered down than you'd like.

We'll also provide an easy fix for each of these common mistakes to get you back to full-bodied goodness that you can consistently enjoy every day.



## Reason #1 - You aren't using enough coffee!

This is the most common mistake that folks make when brewing coffee. For methods like a French Press, we recommend using two full tablespoons for every six ounces of water that you use.

When using an automatic drip brewer (most offices and homes have these) use closer to 1-1.5 tablespoons. The reason for the difference is because these automatic drip brewers brew at a higher temperature which we'll get to later in the list.

## Reason #2 - You're not brewing long enough

Coffee only has two ingredients so all of the flavor and strength of each brew comes solely from the interaction of heat, time, water, and ground coffee.

Just like tea, the strength of the coffee you make has a lot to do with the amount of time the coffee is allowed to "steep." Weak coffee is often a result of under-steeping. As such, if the coffee doesn't have enough time to interact with the water, its flavor won't be fully extracted.

## Reason #3 - You need to turn up the heat

The temperature of the water used during extraction is a major factor in influencing how bitter (over-cooked) or weak the coffee will taste.

Weak coffee can be a result of using water that has cooled too much. The ideal coffee brewing water temperature is around 195-205 degrees or about ~30 seconds off of the boil.

This is not as common a reason for weak coffee because most people still use automatic drip machines that heat the water too much and over-extract the coffee causing bitterness.

## **Reason #4** - Your coffee grinds are the wrong size

Did you know that the consistency and size of the coffee grinds you use is an important factor in coffee brewing? It's one of the reasons for having a quality coffee grinder is so important.

Each brewing method is different in terms of which grind level to use, but the general rule is that if you use too coarse of a coffee grind for a given brew type, you risk not extracting enough of the flavor and you may wind up with watery, weak coffee.

## **BONUS Reason #5** - You might be brewing a coffee that isn't roasted to your preference

Many folks find that light roast coffee just isn't "strong" or "bold" enough for their tastes. If you're tasting fruity or floral notes, finding the coffee to be milder than you'd like, or wishing for more chocolatey, nutty, roasty goodness; a medium or dark roast would be a much better fit for you!

NOTE: For a STRONGER cup of coffee, do the opposite of above... Increase the time the grinds set in the water, increase the amount of coffee to water ratio. Just be careful not to let it get bitter!

# How To Store Your Coffee



To make sure your coffee tastes perfect every time, it's crucial that you use quality beans.

But not even the highest quality beans in the market can help if your coffee isn't stored properly.

So here, we'll list some of the most important tips for storing your coffee, for the best possible taste every time.

1. Your coffee beans have four main enemies: air, moisture, heat, and light. That's why you want to keep your coffee beans in an airtight container at room temperature, and away from any



source of light and heat. Stainless steel or ceramic containers work best!

2. Don't grind coffee beans in advance. Grind your coffee beans just before you're going to use them. That way they'll stay fresh longer and you'll get the best possible taste. It may take a few extra minutes to prepare your coffee, but the results are unparalleled!
3. NEVER store coffee in a refrigerator. Coffee absorbs moisture, odors, and tastes from the air around it. Since you already store a lot of different food in your fridge...we're pretty sure you don't want a chicken-infused espresso!

...and that's it!

Follow these four simple best practices, and you'll end up with the perfect cup of coffee complete with a rich and fresh taste, every single time.

# How To Grind Coffee

It may not sound like a big deal, but the fineness of your coffee beans has a HUGE impact on the taste of your coffee!

There are three primary ways to grind your coffee beans:

1. Coarse - Big, chunky pieces
2. Medium - A bit finer than course; almost like granulated sugar
3. Fine - Smooth texture that feels like salt to the touch



So which one to use for which type of coffee?

A coarse grind is preferred for French Press coffee.

Medium is best used for vacuum-sealed beans and certain types of drip coffee makers. It's also good for Chemex filters, and coffee makers with flat-bottomed filters. Do not use medium grinds for espresso though!

And finally, the fine grind is best used for espresso, as well as coffee makers with cone-shaped filters.

The most important piece for getting a consistent grind is having a quality grinder. The price might give you sticker shock at first but what's a quality cup of coffee every day worth to ya?

If you can, I recommend you use an electric burr grinder, because it gives a nice, consistent grind every single time.

One final piece of advice : NEVER pre-grind your coffee. Grind your coffee beans right before you brew your coffee.

That way, the coffee will stay fresh and the taste will always be perfect to the last drop!

## Conclusion

That's everything from us! We trust that you're as excited as we are to have you join us on this never-ending coffee journey.

Your support allows us to continue to grow the Lifeboost movement, sustainably grow world-class coffee, and give back to so many in need.



We thank you and appreciate you.

So what'd ya think about this guide? What can we clarify and what additional questions can we answer for you?

As always, we absolutely love hearing from you and serving you in every way that we can! We encourage you to reach out at your convenience by calling us toll-free at 1-800-479-1596 or emailing [support@lifeboostcoffee.com](mailto:support@lifeboostcoffee.com).

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God Bless,

Dr. Charles Livingston  
Founder, [Lifeboostcoffee.com](http://Lifeboostcoffee.com)

