SCAA Best Practice | Guidelines for Brewing with a Three Cup French Press
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Guidelines for Brewing with a Three Cup French Press

PARAMETERS:

Your Three Cup (22 ounce) French Press

Coffee: 36 grams set at medium-coarse grind
Water: 660 grams or milliliters at 200 °F / 93.5 °C for brewing
   Additional water at 200 °F / 93.5 °C for preheating

Stirring device
Gram scale *(1 gram = 1 milliliter)*
Brewing time: 4 minutes

Step 1  Begin with clean equipment.
Step 2  Preheat your French press with hot water. Discard this water.
Step 3  Add coffee to the pot. Set it in top of the scale and tare the scale.
Step 4  Start the timer and begin pouring 540 grams of hot water into the pot. Saturate the coffee completely.
Step 5  Without pressing down on the plunger, place the lid on the pot.
Step 6  After 2 minutes, remove the lid and gently stir the coffee to further saturate all grounds. Pour the remaining 120 grams of hot water into the pot.
Step 7  Using two spoons, skim the oils and remaining floating grounds off the top of the brew. This will produce a cleaner cup & will stop the coffee from extracting. Without pressing down on the plunger, replace the lid.
Step 8  At 4 minutes, slowly press down on the plunger until it is at the bottom of the pot.
Step 9  Decant and enjoy!