

## The art to prepare and enjoy a cup of coffee

- 1- Take water pH neutral and low charged cations (Ca, Mg, Na). Avoid the tap water is loaded with chlorine, which mask the flavors
- 2- Heat the water to a maximum temperature of 95 °C (203°F)\*
- 3- Use of flour of coffee 70 grams per liter of water.
- 4- Put flour and hot water in coffee machine, french press\*\*.
- 5- Mix and leave to infuse for 5 minutes.
- 6- filter by pressing the plunger and pour into cups.
- 7- Smell the aromas when the cup is hot
- 8- Do not drink coffee before has cooled to a temperature between 50-55 °C (120-130°F), when it is warmer, papilla are closed under the influence of heat.

\* beyond 96 ° C, the aromas are destroyed by heat

\*\* infusion can fully express the flavors and aromas, better than other extraction processes that are the decoction, filtration or espresso.



French press