

FRENCH PRESS COFFEE MAKER USERS GUIDE



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Chapter 1:

Introduction to the French Press Apparatus and Brewing Method

Known as a coffee plunger, cafetière à piston, coffee press, or caffettiera a stantuffo, the French Press is a manual coffee maker that brews fresh, delicious coffee without a drip coffee maker. French Press coffee (or plunger coffee, as it's known in some parts of the world) is considered to be far superior than other forms of brewed coffee.

Today, pressed coffee has made quite the comeback despite the drip coffee makers' ability to almost corner the market on home brewing machines. Some say that the French Press has become popular again because of people looking for better ways to make their coffee, while others believe that the delicious flavor of pressed coffee is the reason behind the press's popularity. No matter what your reason for purchasing this French Press, one thing is assured, you won't be disappointed.

Now that you have your own French Press, you can enjoy delicious coffee and all of the benefits (and there are many!) that come with drinking French Press coffee. This manual aims to tell you all about your new coffee press including how to use it, clean it, and how to make the best cup of coffee (or tea) possible.

French Press vs. Drip Coffee

There are some people who think that all coffee is created equal, but the truth of the matter is that there are differences in the taste of a cup of coffee that definitely has to do with how it was brewed. Anyone who has had a bitter tasting cup of coffee knows how true that is. French Press coffee is known to produce a flavorful and bitter-free cup of coffee, while drip coffee makers are less predictable in the cup of coffee they make.

The main difference between the two is most obviously the brewing method. The French Press method calls for a coarser grind of coffee beans which are brewed for a longer period of time than the beans used in drip coffee makers. Drip makers use finer grounds so the brewing process is quicker. The temperature of the water used in both methods also differs. The French Press uses slightly hotter water due to the lengthened necessary brewing time and the coarser grounds. This sometimes results in a cooler cup of coffee since the brewing time is extended, but drip machines have their own problems with temperature. Most drip coffee makers can't make the water hot enough to extract the best flavor from the beans.

That seems to be where the real difference between the two methods comes into play. Since drip coffee makers can't heat the water hot enough to get the full flavor of the bean out, it produces a subpar cup of coffee. With the French Press using hotter water and a longer steeping time, that brewing method can pull more of the delicious coffee flavor from the bean which results in a cup of coffee with more of an intense flavor.

Still, some people take the convenient brewing method that the drip machines provide as a reason to forego the French Press method. Sure, pressing a button and having a machine make you a cup of coffee quickly is more convenient, but a French Press is more convenient in terms of cleaning, portability, and storage. So while the drip machine makes a faster (and lower quality) cup of coffee, a French Press is able to make a better cup of coffee and offer a better cleaning and storing experience. When you compare all of the differences between the two, it really just comes down to which method produces the best cup of coffee; The French Press beats out drip machines in that regard.

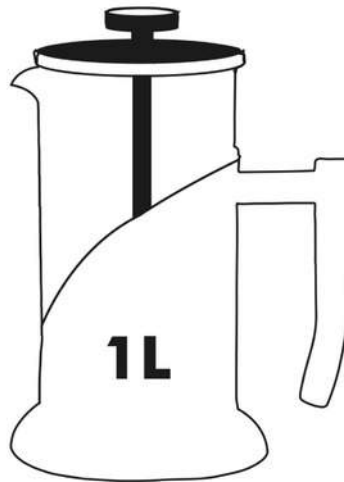
Benefits of French Press Coffee

French Press coffee has benefits other than its great flavor. This type of coffee actually has documented health benefits that you can now take advantage of. The pressing of the coffee grounds to make your beverage actually allows the essential oils in the beans to diffuse into the brewed coffee. With drip machines, those oils are filtered

out and never make it into your cup. Those essential oils have antioxidants, nutrients, and flavonoids that have their own health benefits once they enter into your system. Not only does a fresh cup of coffee provide you with a boost of energy, it can also help with your overall health by adding protectants into your body that will help you defend against outside pathogens. One of these beneficial compounds that French Press coffee has is methylpyridinium. Methylpyridinium is actually known to help reduce the instances of oral cancers, pharyngeal cancer, and esophageal cancer. Chlorogenic acid lactones and lipophilic antioxidants are also present in French Press coffee, but not drip machine coffee. Those help protect your neural synapses and strengthen your neuronal cells. This kind of support can help decrease your risk of neurological conditions including dementia, Alzheimer's and Parkinson's disease. French Press coffee is also proven to increase your reaction time and help improve your short-term memory as well as your overall ability to concentrate. This is because the coarser grounds used in the French Press release more caffeine during the steeping process.

This filter-less brewing method allows all of the beneficial nutrients to diffuse into the actual coffee instead of it being caught in bleached filters that drip coffee machines use. Couple that with the delicious taste of French Press coffee and you can't help but wonder why people would ever drink any other type of brewed coffee.

For more information on benefits of drinking French Press coffee you can visit: <http://blog.1stincoffee.com/3-benefits-of-drinking-french-press-coffee-you-didnt-know/> Now that you know about the French Press on a general level, you can read on to find out about your specific French Press. The remainder of the manual will tell you all about this specific press including how it works and what it offers.



Chapter 2:

French Press Features and Functionality

Your new French Press can make up to 34 ounces (about 8 cups) of coffee at a time. It is made of a high-quality 18/8 stainless steel, a chrome plating finish, and heat-resistant borosilicate glass carafe (or beaker) - all of which are dishwasher safe. There is also a unique double screen filter to ensure that no coffee grounds end up in your cup of delicious coffee. Along with the press, you'll also get a measuring spoon for measuring out your coffee grounds and additional filters.

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time depending on the size of the press you purchase. They are usually cylindrical in shape and feature a convenient spout as well as a handle for convenient and easy pouring.



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