

More than a morning brew



How to Get the Most From Your Coffee Experience

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Introduction



Coffee is an important part of a daily routine for many individuals across the world. Whether it is called a cup of joe or java, this liquid goodness helps many to get the day started or rounds out a conversation date with a friend. It is a drink of memories. With caffeine packed versions available, you can use these drinks to energize the spirit and give you a jolt of excitement that can help you push through those last few hours of work or helping children with their homework.

But, coffee is not just important because of the energy boosting properties available in the caffeinated versions. It is a drink that is about sharing and enjoying. Coffee is a beverage that invites conversation and welcomes discussion. Served at group meetings, family get-together and a wealth of other locations, it is a liquid that heightens the enjoyment of a moment and instantly warms the body as it is consumed. The smell and the flavor alone can evoke a feeling of excitement or remind someone of something special that has years passed. For that reason, coffee should be savored and it should be enjoyed.

Unfortunately, many coffee drinkers stick with what they know, even if they do not always enjoy it. This is because with so many different options on the market, navigating the road to finding that perfect flavor or new blend is difficult. This read will help you narrow down your choices and get you an enjoyable drink that you can truly savor for years to come. Whether it is a dark roast or something packed with flavors, your perfect cup is just a few selections away. Allow us to help you find it.

Did you know that there are numerous options in how you drink your coffee? Of course there is the standard mug that you have likely seen or may have in your cabinet. There are other great options as well. If you need just a little bit of coffee to get

you through the day, there is a great coffee cup for you. If you need a lot because the day is sure to be a long one, then there is a mug for you. Your options are as diversified as the product itself so be sure to explore and find that perfect mug for your life.

If you need help in choosing your perfect coffee mug, this book will help you to do that. We will examine some of the features that you want to get out of your mug and what to look for in your next purchase. We will walk you through the things to consider and how to make that selection that will leave you happy and your coffee tasting just perfectly. Seriously, the coffee is in the mug. Let us help you find the perfect one.

Just as with the perfect mug, it is also important to focus on how you are grinding your coffees. Different coffee makers and dispensers can literally change the flavor of the drink. The time and dedication spent on roasting beans to perfection can be washed away in moments if the coffee maker is not the right size, style, or choice for your lifestyle. Therefore, trying new and different ways of preparation can be something that is important to getting the most from your beans. Yet, where do you begin? Coffee makers that are electric and sit on your counter are likely to be something that you are familiar with and there is nothing

wrong with that. For several different coffee drinkers, this option is the best for their lifestyles and their particular needs. Yet, it may not be the best for your coffee choice or may not enhance the flavor to its fullest potential. There are other options and to know and understand what their value is and what they can bring to your coffee is important.

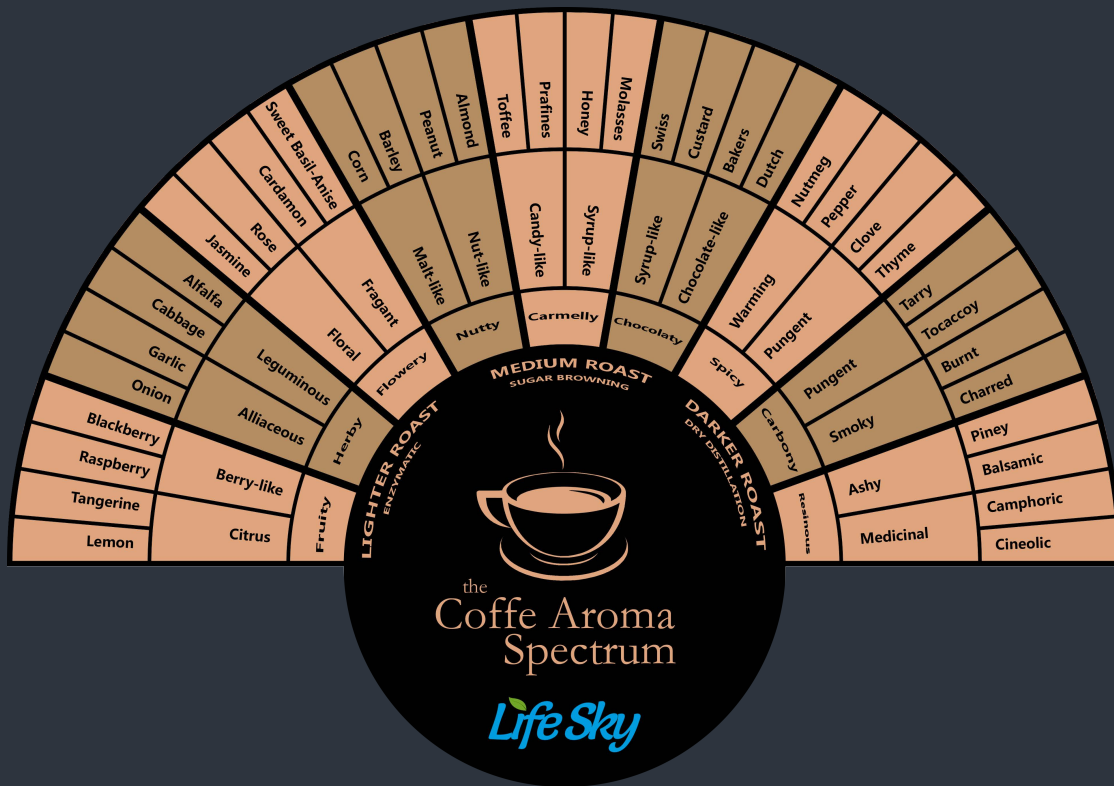
This book will focus on two often under-utilized but beneficial coffee preparation tools: a manual mill and a French press. A manual mill is one method of coffee preparation that can greatly enhance the flavor of your drink. Yet, too often the device is seen as archaic or even too difficult to manage. This book will expand upon the benefits of using these types of mills in your coffee preparation and how it can enhance the flavor of your product. The French press, too, is a tool that is not fully understood in relation to coffee and the flavor punch that it can help bring to a drink. Therefore, we will look at this device and the different features that it brings to a coffee drink. Also analyzed will be the components and how to properly and effectively use the device in your life and for your choice of coffee.

Finally, we will wrap up this discussion on coffee with an explanation of more than just what the drink can bring in the

way of flavor. Rather, we will look at the way in which coffee can bring true and tangible health benefits into your life. From the food we eat to the drinks we drink, knowing how healthy a product is before we put it into our bodies is not only important. It is vital to keeping us healthy. Therefore, from the different nutrients to the other beneficial properties, knowing why and how coffee can add to your quality of life is important to staying informed about your body and how you are benefiting from this tasty drink.

From the flavor to the mug to how it is brewed to the health benefits, we hope that when reading this book you will better understand the amazing aspects of coffee in a whole new way. No longer will you look at your favorite drink as just something to get your day started. You will understand your favorite drink in a whole new way. You may even find a flavor that suits your palette a little better in the process!

Chapter 1: Finding Your Flavor



One of the most important decisions that you can make it when it comes to your coffee is just what flavor to choose. There are so many on the market today that finding that perfect blend of flavors and spices can seem like a job in itself. To help get you started, though, the following are some tips and tricks that you can use to narrow down your flavor choices and choose the perfect blend for your lifestyle.

A. Understand Your Goal

When it comes to choosing shoes or a purse, it is likely that you consider what the end goal or purpose that item is supposed to serve in your life will be. Maybe it is an accessory for an evening out or comfortable shoes for the gym. You may want a purse that suits that little black dress or one that can carry all of your children's toys. Regardless, it is likely that you consider the end goal of that item and this same thought should be put into selecting your coffee.

Consider what you want from your coffee in the way of a “pick-me-up.” Do you want a highly caffeinated drink that will keep you on your toes or something that brings comfort? Do you want a coffee that is perfect for your evening in or one that brings a conversation to life? These may seem like unimportant questions or something that does not jive with a coffee selection, however, choosing the end goal of the coffee is something that can greatly narrow your scope and help you to find your perfect flavor.

B. Strength

Another characteristic that you want to consider when choosing a flavor for your coffee is just how strong you want it to be.

Some people enjoy a light and smooth taste to their coffee while others like it to wham them over the head with a punch of flavor. Still, others enjoy a middle of the road or medium strength coffee. Regardless, this is important to understand before choosing because not only will it impact the type of flavor that you get but also the bean type.

The bean type is important and can greatly impact the flavor of the coffee. Darker beans tend to provide a stronger flavor punch, like the French and Italian Roasts as well as some African beans. As you would expect, lighter beans tend to pack a lighter flavor punch. Therefore, knowing what strength of coffee flavor you want will help you to decide which type of bean and thus, narrow down the choices.

C. The Smell

When it comes to coffee flavors, the aroma matters. You need to consider what smells you enjoy and what you can't stand before choosing a flavor for yourself. For instance, dark beans tend to smell richer and stronger than lighter beans, just as the way they taste. If you like a light aroma, then, the darker brews are not going to be your best selection. But, if you enjoy a more pungent odor wafting from your mug, then, it may be a suitable choice.

The same can be said for the gourmet styles and flavors of coffee. If you hate the vanilla smell, for example, you will want to avoid a vanilla infused coffee even if you do not mind the taste. Coffee as it is brewed will release the smell into your home or space, so consider the strength of smell that you want when choosing a flavor, especially if your coffee maker is in a small or confined space.

D. Your Favorite Flavors

When you peruse the coffee shelf or view coffees available for purchase online, you will notice that there are numerous options in flavors. There is literally something to fit every palette and flavor want. Consider the general tastes that you enjoy in your foods and other consumables when choosing. For instance, if you like a sweet flavor or rich nutty taste, a hazelnut coffee may be a suitable fit. If you like something purer in your coffees, then, a traditional roast will likely suit you better. Your palette will determine whether or not you enjoy a food and it plays the same role when choosing a flavored coffee as well.

E. The Amount of Flavor

You will also want to consider the amount of added flavor that you want in your coffee. For instance, maybe you want a lightly infused flavor in your traditional coffee drink. A heavy syrup

added to a coffee blend, then, is likely to be too strong or overly flavorful. On the contrary, if you like a lot of flavor in your drink, then consider something that offers that stronger flavor. The packaging should help you to differentiate between the two and make the decision a bit easier. Smelling the package can be an indication, too, as these aromas can waft even from the package think of the strength of smells in the coffee aisle at the store!

F. Acidity

There can be a high acidity level in coffee that will greatly impact the taste. Those that are coffee aficionados will likely know this but newbies to the coffee world and flavor selection may not. Regardless, the acidity level can affect the taste of the product and can give a different reaction on the palette. Coffee grown at higher elevation levels have a higher acidity level and the higher the acidity, the more likely the coffee is to take on a cleansing taste. That means, these coffees tend to be brighter, lighter, and refresh the palette. It can also lighten the overall flavor of a drink and is a great addition to a menu between courses. If looking for something a bit less harsh on the palette, then, consider the acidity level in the coffee flavor you are choosing.

G. Your Creamer

Finally, if you have a go to or flavored creamer that you love, this

can greatly change the level of taste in your drink. It can also overcomplicated an already rich and flavorful drink. If you are using a creamer that has a high flavor level, then, you will want to ensure that you consider this when picking out your base coffee flavor. The mixing can change both and enhance or detract from your flavor goals.

Chapter 2: Get a Great Mug



Typically brewed in a pot or per cup, coffee is a drink that requires something to hold it. That is to say that you cannot enjoy a great mug of coffee without the mug! But, not all mugs are created equally and some are better than others. If you want to choose the perfect mug, the following are some tips that you can use to choose one from among the great line of products available on the market today!

1. Size

One of the most important considerations that you need to think about when choosing a perfect mug for your drinking needs is the size that you want. A standard mug holds about one cup of coffee. While this is great for the casual drinker or the individual that wants a little bit of coffee at a time, this is a great fit. But, the mugs that hold this tasty drink are much like the coffee flavors themselves and are not one-size-fits-all.

Mugs can come in a wide variety of sizes. There are those that are tall with a narrow base. There are those that are wider and shorter. There are those that fit in a vehicle cup holder. There are those that do not. There are numerous different sizes of mugs that are available to the coffee drinker and the best way to choose the right one for you is to think about your drinking habits. If you are constantly refilling your single cup mug, then, you may want to invest in a bigger one. If you are okay with the slow sipping style that you enjoy, then, a single standard mug may just be your perfect pit. Think about it and choose your mug accordingly.

2. Words Have It

Mugs today can come in a wide variety of designs and aesthetics. This includes several mugs on the market that have

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