

AeroPress

*A crash course through
10 unique recipes*



A zine by
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CPC

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To A. P.

*For inspiring and encouraging me to
take photos and make zines,
and for always being a supportive
and thoughtful partner in life and art.*



Table of Contents

Introduction	1
Hoffmann's Ultimate Recipe	3
Coffee Compass	5
Artisti Coffee Roasters	7
AeroEspresso	9
Rule of Thirds	11
2015 World AeroPress Champion	13
13 g That Makes You Happy	14
Horsham Coffee Roasters	15
Japanese Style Iced Coffee	17
AeroPress Iced Latte	19
Notes	21
Acknowledgments	23

Opposite: Grinding coffee beans.

i) Weight the coffee.

ii) Spray some water on the beans (prevents static).

iii) Pour the beans in the grinder's top chamber.

iv) Grind at desired size.



The classical Aeropress setup: A mug is placed in a scale. The Aeropress' filter holder is screwed on with a (wet) filter and the Aeropress is positioned on top of the mug.

Introduction

In this zine, you will learn the basics of brewing with the AeroPress, a manual coffee maker invented by Alan Adler.

The AeroPress is the brewer of choice for many coffee lovers because it allows you to control every stage of the brew: It begins with the coffee steeping in hot water in the top chamber (like a French Press). At the same time, some liquid starts flowing through the filter at the bottom (like a filter coffee maker). To conclude the steep, you press the plunger down to force the rest of the liquid through the filter and the coffee grounds (like a Moka pot and espresso machine).

The many brewing recipes (here we report only ten) allow you to control these stages and tune the taste of your cup.

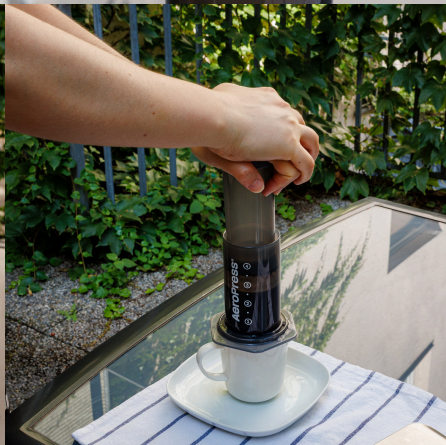
The QR below brings you to the free PDF of this zine!

Further resources:

- aeropress.com
- aeroprecipe.com
- aeromatic.app
- youtube.com



andreascaglioni.net/photography



Hoffmann's Ultimate Recipe

This recipe is a great starting point for any AeroPress enthusiast. Use it as a base for other recipe experiments.

Coffee: 11 g, grind at fine end of medium (for medium roast).

Water: 200 ml, 90-95 C (medium roast), 85-90 C (dark).

1. Set the brewer on a mug or carafe. Don't rinse or preheat the brewer (it doesn't make any difference).
2. Start a timer, add the water and wet all the coffee.
3. Then, immediately insert the plunger (about 1 cm in) to create a vacuum (this stops the coffee from dripping through). Then, wait 2 min.
4. Holding the brewer and the plunger, gently swirl the brewer. Then, wait 30 s.
5. Press gently all the way, it takes about 30 s.

Reference:

aeroprecipe.com/recipes/james-hoffmann-aeropress-recipe

Opposite: The basic AeroPress steps (left to right, top to bottom):

- i. Wet the filter (optional).*
- ii. Screw on the filter holder and pour in the coffee grounds.*
- iii. Pour in the water, making all the coffee grounds wet.*
- iv. Press down slowly.*



When your cup is ready, enjoy it right away! The AeroPress is easy and quick to clean: Pull the plunge a bit, remove the filter holder, eject the grounds in the bin, wash, and let dry.

Coffee Compass

A simple AeroPress recipe that requires a bit of time but rewards with a full body and great flavour. This recipe scored third place in the 2016 US AeroPress championship.

Coffee: 15 g, medium grind.

Water: 225 ml, 100 C.

1. Set the AeroPress in the standard upright position on a server with two filters.
2. Briskly add the water, then quickly make a vacuum with the plunger.
3. At 1:00, remove the plunger and break the crust with a spoon. Then, replace the plunger.
4. At 4:00, begin to slowly push the plunger down.

Reference: thecoffeecompass.com/the-only-aeropress-recipe-youll-ever-need/



The inverted AeroPress setup: As before, we put a plate on the scale. But now, the AeroPress is upside-down with the plunger below. At the end, we'll place the cup on top and flip!

Artisti Coffee Roasters

The inverted method consists in brewing the AeroPress upside-down. This prevents the water from flowing down too early. But careful of the hot coffee when flipping!

Coffee: 16 g, medium-fine grind.

Water: 230 ml, 93 C.

1. Pour the grounds in the inverted AeroPress.
2. Bloom*: Add 30 ml of water, stir 3 s and wait 30 s.
3. Stir again, add water to 200 ml.
4. Place the filter holder with wet filter on top. Depress the top chamber until bubbles come out.
5. Wait 2 min.
6. Place mug on top, upside down. Hold AeroPress and mug and flip. Then, push the plunger.

Reference:

artisti.com.au/blogs/product-reviews/brewing-an-aeropress-using-our-brew-recipe-for-the-inverted-method

() Bloom: Initial phase of the brew, in which the coffee grounds are mixed with a small amount of water. The aim is to let the grounds release their CO₂, and thus improve the flavour.*



*Nothing better than a glass of iced coffee and a cool
Photo zine during a hot summer day!*

AeroEspresso

Did you know that you can obtain something comparable to espresso with the AeroPress? Give it a try!

Coffee: 20 g, medium-dark roast, grind fine (like sand).

Water: 60 ml, 98 C.

1. Wet the filter. Set up the AeroPress in the standard upright position.
2. Add the coffee grounds.
3. Add the water within 10 s.
4. Stir for 10 s.
5. Remove from the scale and plunge as quickly as possible.

Reference:

aeroprecipe.com/recipes/aeropress-espresso



Rule of Thirds

A simple recipe. Preferably, use two paper filters.

Coffee: 20 g, medium-fine grind.

Water: 260 ml, 94 C.

1. Pour the grounds in the inverted AeroPress, level them.
2. Rinse paper filter in filter holder.
3. Bloom: Start the timer, pour 50 ml of water, stir well, then wait 30 s.
4. Pour up to 100 ml. Wait to 50 s.
5. Pour the rest of the water, screw in the filter holder.
6. At 1:30, invert the AeroPress (and mug) and plunge for 30-40 s.

Reference:

aeroprecipe.com/recipes/rule-of-thirds



2015 World AeroPress Champion

Try your hand at a winning recipe from the World AeroPress Champion Lukas Zahradnik (Slovakia).

Coffee: 20 g, a bit coarser than espresso.

Water: 260 ml, 79 C.

1. Rinse the paper filter and preheat the AeroPress.
2. Pour the grounds in the inverted AeroPress.
3. Bloom: Add 60 ml of water in 5 s.
4. Wiggle the AeroPress for 15 s. Then, let it rest for 10 s.
5. Pour the remaining water.
6. Screw on the filter holder, invert (with the flipped mug on top), and plunge for 45 s.

Reference:

aeroprecipe.com/recipes/2015-wac-1st-place

13g That Makes You Happy

Gives a balanced, sweet, and not under-extracted cup. The author suggests trying 13.5 g of coffee and cooler, 88 C water.

Coffee: 13 g, grind fairly coarse.

Water: 180 ml, 90 C.

1. Pour the grounds in the inverted AeroPress.
2. Bloom: Pour 30 ml of water, stir 5 times, and wait 30 s.
3. Pour the rest of the water and stir 5 times. Then, wait until 1:30.
4. Flip with inverted mug on top, then press down for 1 min (finish at around 2:30).

Reference:

aeroprecipe.com/recipes/13g-that-makes-you-happy

Horsham Coffee Roasters

Remember that all recipes can be adapted! The authors include a troubleshooting:

- The brew is very slow and tastes bitter: Grind coarser.
- The brew is very fast and tastes weak and sour: Grind finer.
- You want more body: Grind more coffee and adjust the grind size accordingly.

Coffee: 15 g, medium grind.

Water: 225 ml, 99 C.

1. Place a filter in the holder, rinse it, and screw to the body.
2. Place scale, mug, and AeroPress over each other.
3. Pour in the coffee grounds.
4. Start the timer and pour all the water in 15 s. Stir to ensure the grounds are wet.
5. Place immediately the plunger to create a vacuum.
6. At 1:00, remove the plunger, break the coffee crust, and reposition the plunger.
7. At 1:15, press down gently. Stop when you hear the hiss (2:00).

Reference:

horshamcoffeeroaster.co.uk/pages/aeropress-recipe



Japanese Style Iced Coffee

The coffee is brewed with hot water and immediately cooled by ice (flashed chilled iced coffee method). Two paper filters are suggested.

Coffee: 20g, medium-fine grind.

Water: 150 ml at 100 C, 150 g ice.

1. Rinse two paper filters in the filter holder, preheat the AeroPress.
2. With the inverted AeroPress, pour coffee grounds, then all the water, then stir side to side, front to back.
3. At 4:30, grab the AeroPress and swirl it.
4. At 5:00, invert it on top of a server containing the ice. Press steadily for 60s.
5. Swirl and serve.

Reference:

alexandermills.ca/blog/iced-aeropress



AeroPress Iced Latte

Dark chocolate, sandalwood, and umami seaweed. Full-bodied and gives a good kick!

Coffee: 18 g, grind medium-fine.

Water: 60 ml at 92 C. Some ice cubes (at will).

Extra: 130 ml of cold milk.

1. Rinse the paper filter in the filter holder.
2. Pour the coffee grounds in the inverted AeroPress.
3. Add all the water, stir for 40 s, and finally cap the AeroPress.
4. In the meantime, prepare a mug with five ice cubes and milk.
5. At 2:00, invert the AeroPress on the mug and press for 20 s.

Reference:

aeroprecipe.com/recipes/aeropress-iced-latte

Notes

Notes

Acknowledgments

The beautiful photography zine featured in some of the photos you have seen throughout this manual was created by Aine Parlade (find out more on her website: aineparlade.com). The zine, titled “India”, is a beautiful and rare documentation of the life in rural India and lets us peek in the daily adventures of the villagers. I can only recommend it! You can buy a copy at the following link:

<https://www.blurb.de/b/11947055-india>



About the author:

Andrea Scaglioni is an improvised coffee geek, improvised photographer, improvised writer and improvised editor. Despite his lack of technical skills, he'll do his best to help you brew the best cup of coffee!



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photo.andreascaglioni.net

Ready to unlock the full potential of your AeroPress? Inside, you'll find 10 recipe from the masters, from classic brews to exciting new flavour combinations. Elevate your daily coffee ritual!

FREE PDF VERSION!



andreascaglioni.net/photography

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