

Capresso

The Fresh Grind Difference

One of the easiest ways to improve the taste of home brewed coffee is to grind whole coffee beans fresh immediately before brewing. The basis for grinding coffee beans is to generate a larger surface area for the hot water to extract the flavor and oils from the beans. If coffee is ground too far in advance, the exposure to air causes the flavor to be released making for a weak cup of coffee when the grounds are brewed.

Coffee starts to lose flavor and aroma within hours of being ground, so even pre-ground coffee stored in airtight containers is not as fresh and flavorful as freshly ground whole bean coffee. For the widest grinding range with the most precision, it is recommended to grind with a conical burr grinder. However, for more economical options a disk or blade grinder can also be utilized.

Reference the below chart for information on grind size and brewing methods:

Grind Size	Brewing Method	Recommended Grinder	Visual Comparison
Coarse	French Press/Percolator	Blade or Burr	Similar to the texture of soil
Medium	Drip Coffee	Blade or Burr	Similar to the texture of sand
Fine	Steam Espresso	Disk or Conical Burr	Similar to the texture of sea salt
Super Fine	Pump Espresso	Disk or Conical Burr	Similar to the texture of fine sugar
Turkish	Turkish	Conical Burr	Similar to the texture of sifted flour