

# Grinding

*There are some who say next to the type and quality of the coffee beans, the method used for grinding the beans is the most important aspect of good coffee preparation. When coffee is brewed the water must stay in contact with the coffee grounds long enough to dissolve some of the soluble solids in the grounds. Most people will enjoy their coffee most if about 20 percent of the solubles are extracted. If the coffee is ground too coarsely, water will pass through without extracting enough of the flavor-producing solubles. If it is ground too finely, the liquid will stay in contact too long and extract too much. Therefore, a good grinder is essential.*



*The coarseness or fineness of the grind is dependent on the method of preparation. For instance, a French press needs a coarse grind, while coffee used to make an espresso needs to be ground very finely. Choosing the right grinder should be based on your method of preparation. If you make espresso, it can be very difficult to find an inexpensive grinder that will do a good job; however, for most needs, the grind doesn't need to be that fine.*

*Blade grinders are inexpensive and will chop your beans finely, but there is no control over the grind. The longer you grind, the finer the coffee grounds get, but you can't control the particle size. You might get large particles mixed with the fine ones. Also, it is just a guess as to how fine or coarse the ground coffee turns out.*



*Burr mill grinders are my recommendation, because they have a more definite particle-size control. That makes them much more consistent with the grinding operation. Pursuing the perfect cup of coffee is an elusive art. The more variables you can control, the more consistent you can be in your preparation, and the closer you can get to repeating that perfect cup every time.*

