



COFFEE CLASSES
AT SUR LA TABLE

**ONLINE BREW LIKE A PRO:
FRENCH PRESS & POUR OVER**

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Ingredient and Equipment List

Below is a list of ingredients and equipment you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Coffee

Whole Bean Coffee: At least 120g of freshly roasted, whole bean coffee.

Equipment

- ☐ Gooseneck Kettle- A kettle with a long, thin spout (electric or stovetop) for controlled pouring.
- ☐ Precision Scale- A digital scale accurate to at least 1 gram for measuring coffee and water.
- ☐ Coffee Grinder- A burr grinder (electric preferred) to adjust particle size consistency.
- ☐ Pour-Over Brewer- A dripper like a Hario V60, Chemex, Kalita Wave, or similar.
- ☐ Filters- The corresponding paper filters for your chosen brewer.
- ☐ Hot Water- Access to boiling water (or water at a temperature of 200°F / 93°C).
- ☐ Serving Carafe/Cups- A place to serve/ drink your coffee from

Pre-Class Mise en Place and Notes

- Please gather all materials prior to class if you plan to brew along (Encouraged!).
- It is helpful to bring water up to temperature before class as well. If using an electric kettle, set to around 200. If using a traditional kettle, bring water to a boil and then turn off the heat while keeping the kettle on the stove.

The 4 Fundamentals of a Great Cup (The Brew Variables)

The quality of your coffee comes down to four major factors. Adjusting these variables is the key to dialing in your perfect cup.

Fundamental	Best Practice
Water	Filtered is Best: Coffee is 98-99% water. Use fresh, clean, and tasty filtered water, free from heavy mineral or chemical tastes. Recommended Brands: <i>Crystal Geyser, Fiji, Third Wave.</i>
Temperature	
	Between 195-205 F



	If your kettle doesn't have a temperature setting, let water cool for 1–5 minutes off a rolling boil.
Grind Size	The Flow Regulator: Grind is the strongest way to manipulate the speed of extraction for your coffee. In percolation methods like pour over it also manipulates contact time. For Pour-Over, aim for a grind just larger than granulated sugar.
Proportion	The Strength Factor: This adjusts the strength of your final coffee. The safe starting range is a 1:16 to 1:18 coffee-to-water ratio . <i>Always use a digital scale for the most accurate and repeatable results.</i>
Freshness	Optimal Window: Coffee tastes best between 14 and 90 days from its roast date, and within 2 weeks of opening the bag. Store whole bean coffee in a room-temperature, airtight, dark environment .

Part 2: The Art of Extraction – The Pour-Over Method

Understanding Extraction: The Three Solids

Extraction is the process of dissolving flavor-bearing solids from the coffee grounds into the water. These solids dissolve at different speeds, which is why a proper brew time is so important.

Phase 1 (Fastest)	Acids and Fats	Slightly Sour / Sharp Acidity (Underextracted)
Phase 2 (Middle)	Sugars	Balanced / Sweet (Perfectly Extracted)
Phase 3 (Slowest)	Plant Fibers	Bitter / Dry (Overextracted)



Recipe: The Sur La Table Chemex Pour-Over

This recipe is a master formula for a balanced cup. Adjust the grind and water temperature slightly to suit your specific coffee and preferences.

Variable	Setting	Notes
Ratio	1:17	<i>For every 1 gram of coffee, use 17 grams of water.</i>
Coffee Dose	40g	Medium Grind (just larger than granulated sugar)
Water Dose	680g	Target total water weight.
Water Temp	203F	Our preferred temperature for optimal extraction.
Target Brew Time	3:45 - 4:15	A faster time means your grind is too coarse; a slower time means it is too fine.

Step-by-Step Pouring Method

1. **Prep:** Place the Chemex (with filter and grounds) on the scale and tare to zero.
2. **The Bloom (0:00 - 0:30):** Pour **80g** of water evenly over the grounds, starting in the center and spiraling outward. Let the coffee "bloom" (degas) for **30 seconds**.
3. **Pulse Pour 1 (0:30 - 1:00):** Pour to a total of **340g** water (260g more). Pour in a slow, steady spiral, avoiding the very edge of the filter.
4. **Pulse Pour 2 (1:30 - 2:00):** Once the water level has dropped, pour to the final total of **680g** water (340g more). Maintain an even surface and watch the clock.
5. **Finish:** Remove the filter when the final drops have finished dripping, or when you reach the target brew time of 3:45 - 4:15 (whichever comes first).

Part 3: How to Taste Coffee Like an Expert

Don't just drink your coffee—*taste* it! Engage all your senses with this three-step tasting process:

1. Smell (Aroma)

Be mindful of the aromas coming off the hot coffee. Are there notes of chocolate, caramel, spice, or fruit? The aroma sets the stage for the flavor.

2. Slurp (Acidity & Body)



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Slurp the coffee loudly! Slurping atomizes the coffee, allowing it to coat your entire palate and release aromatics into your nose.

- **Acidity:** Is it a sharp, bright, citrus-like acidity (good)? Or a vinegary, sour acidity (underextracted)?
- **Body:** How does it feel on your tongue? Is it thin and tea-like, or heavy, syrupy, and full-bodied?

3. Reflect (Flavor)

Slurp once more and focus entirely on the taste. What flavors come forward? **If you are stuck**, consider the flavor families: *Sweet, Nutty, Cocoa, Fruity, Floral, or Spicy*. I also find it helpful to think of memories or colors that come to mind when tasting.

Part 4: Inherent Coffee Characteristics

These are the characteristics of your coffee that are determined before you even open the bag. You cannot change them—you can only choose a brewing method that highlights their best qualities.

1. **Origin:** Where the coffee was grown (e.g., Ethiopia, Sumatra, Brazil). This influences the variety (type of plant) and fundamental flavor profile (Ethiopian often *floral/citrusy*, Brazilian often *chocolate/nutty*).
2. **Roast:** The level of heat applied. Lighter roasts retain more original bean flavor (acidity). Darker roasts develop more chocolate and smoky/bitter notes.
3. **Processing Method:** How the bean was separated from the cherry (e.g., *Washed/Wet-Processed* for clean, bright flavors; *Natural/Dry-Processed* for intense, fruity, wild flavors).

Part 5: Experiments to Try at Home

Experiment 1: Isolate the Extraction Phases (The Split Brew)

This is the single best way to truly understand what extraction *tastes* like.

1. Set up your pour-over as usual, but have **three separate catch containers (mugs) ready**.
2. Brew your coffee, dividing the finished liquid into thirds:
 - **Container 1:** The first 1/3 of the total liquid.
 - **Container 2:** The middle 1/3 of the total liquid.
 - **Container 3:** The final 1/3 of the total liquid.
3. **Taste each one:**
 - **Container 1:** Will be extremely **sour/acidic** (under-extracted).
 - **Container 2:** Will be neutral **and sweet** (middle extraction).
 - **Container 3:** Will be thin, light in flavor, and distinctly **bitter/dry** (over-extracted).
4. **Combine:** Pour all three back into the original mug to taste the overall, final product of a balanced cup.



Experiment 2: Change a Single Fundamental

After mastering your base recipe, choose one fundamental to change each day to see its impact. **Only change one thing at a time!**

- **Grind:** Try a couple steps finer, then a couple steps coarser.
- **Temperature:** Brew 5F hotter, then 5F cooler.
- **Ratio:** Try a 1:15 ratio (stronger), then a 1:19 ratio (weaker).

Experiment 3: Try a Different Brew Method

The brewer itself changes your final cup. Try experimenting with other methods to unlock new characteristics in the same coffee:

- **French Press:** For a full-bodied, immersive, and sediment-rich cup.
- **Moka Pot:** For a highly concentrated, stove-top espresso-style brew.
- **Siphon/Vacuum Pot:** For a clean, gentle, and theatrical brew.

