

CYCLE BROS

CYCLING & COFFEE CO.



A FIELD GUIDE TO BREWING

COFFEE WORTH THE CLIMB

Beans, grind, water and the perfect pour, plus
everything you need to make a brew worth earning.

From two brothers in the South West.

START HERE

THE FOUR FUNDAMENTALS

Great coffee isn't luck. Nail these four and you're most of the way up the climb, whatever you're brewing on.



BEANS

Fresh and whole. Buy little and often, keep them airtight away from light and heat, and grind only what you need. Coffee sings within a month of its roast date.



GRIND

Grind fresh for every brew, because ground coffee loses its aroma in minutes. Match the grind to the method: coarse as sea salt for a cafetière, fine as flour for espresso.



WATER

Your cup is almost all water, so make it good: fresh, filtered, and just off the boil (92-96°C). Too hot scorches the grounds; too cool leaves them sour and weak.



RATIO

Weigh it. A kitchen scale is the best few quid you'll spend. Start at roughly 60g of coffee per litre of water (about 1:16), then dial it to your taste.

WHERE IT STARTS

FROM CHERRY TO CUP



It starts as a cherry. Coffee grows on small trees in a green belt either side of the equator (Brazil, Colombia, Ethiopia, India, Indonesia), and each ripe cherry hides two seeds. Those seeds are the beans.

Pick, pulp and dry them (washed for clean and bright, natural for fruity and wild) and you get green coffee. Almost everything you taste in the cup (the berry, the chocolate, the nuts) is decided here, long before the roast.

Two species do the heavy lifting: hardy Robusta, and the sweeter, more characterful Arabica we'd always reach for. Grown an ocean away, enjoyed on a Devon hill. Funny old world.

LIGHT TO DARK

THE ROAST SPECTRUM

Roasting is where green, grassy seeds become coffee. Part science, part art, all timing. The longer and hotter the roast, the darker the bean and the bolder, more bitter the cup. Here's the whole spectrum.



LIGHT



MEDIUM



MED - DARK



DARK



VERY DARK

BRIGHT · FRUITY · ACIDIC

BOLD · SMOKY · BITTER

Lighter roasts keep more of the bean's origin character: think bright fruit and a lively, tea-like acidity. Push it darker and those delicate notes burn off, replaced by deep, roasty, chocolatey, smoky flavours and more body.

Neither is better. It's taste. A light roast rewards a careful pour-over on a slow Sunday; a darker roast cuts through milk and powers you up the next climb. Buy what you love, and drink it fresh.

COARSE TO FINE

THE GRIND GUIDE

Grind is the dial that controls everything. Too coarse and water rushes through, leaving a thin, sour cup; too fine and it crawls, going bitter and harsh. Match the grind to the method, and grind fresh, every time.

COARSE

CAFETIÈRE / FRENCH PRESS



MEDIUM

POUR-OVER / FILTER



MEDIUM-FINE

AEROPRESS



FINE

ESPRESSO / MOKA



Why fresh? Ground coffee has hundreds of times more surface area than a whole bean, so its aroma (the best bit) escapes in minutes. A burr grinder and ten extra seconds is the single biggest upgrade to your cup.

THE EASY CLASSIC

CAFETIÈRE

Forgiving, cheap and brilliant. The one that lives in every kitchen and every bothy.



RECIPE

RATIO	1:16
COFFEE	30g
WATER	500ml
GRIND	Coarse
TIME	4 min

THE METHOD

- 1 Add coarse grounds to the warmed pot.
- 2 Pour water just off the boil, start a timer, give it one gentle stir.
- 3 Rest the lid on top (don't plunge yet) and wait four minutes.
- 4 Break the crust, skim the foam, then press down slow and pour straight away.

CLEAN & BRIGHT

POUR-OVER

A clean, tea-like cup that shows off a lighter roast. A little fiddly, hugely rewarding.



RECIPE

RATIO	1:16
COFFEE	20g
WATER	320ml
GRIND	Medium
TIME	2:30-3:00

THE METHOD

- 1 Rinse the paper filter with hot water, tip it away, add grounds.
- 2 Bloom: pour twice the coffee's weight, wait 30-45s for it to puff up.
- 3 Pour in slow spirals, in stages, keeping the bed topped up.
- 4 Let it draw down level. Aim for two-and-a-half to three minutes total.

THE RIDER'S FRIEND

AEROPRESS

Near-indestructible, packs into a saddlebag and brews a cracking cup anywhere.



RECIPE

COFFEE	15g
WATER	230ml
GRIND	Med-fine
WATER TEMP	85°C
TIME	~1:30

THE METHOD

- 1 Pop a rinsed filter in the cap, add grounds, set it on a sturdy mug.
- 2 Pour the water, give it a stir, then insert the plunger to seal.
- 3 Wait about a minute for it to steep.
- 4 Press down gently and steadily, stopping the moment you hear the hiss.

UNDER PRESSURE

ESPRESSO

Hot water forced through a tightly-packed puck: intense, syrupy, the base of every milky drink. If you've a machine, this is the craft.



RECIPE

RATIO	1:2
IN	18g
OUT	36g
GRIND	Fine
TIME	25-30s

THE METHOD

- 1 Grind fine, dose into a dry basket and level it off.
- 2 Tamp flat and firm into a solid, even puck.
- 3 Lock in and brew straight away; it should run like warm honey.
- 4 Aim for double the dry weight in 25-30 seconds.

DIALLING IN

Too fast, pale and sour? Grind finer. Too slow, dark and bitter? Grind coarser. Change one thing, pull again, taste. Coffee shifts with the weather, so re-dial often.

THE SILKY BIT

MILK & THE PERFECT POUR



STEAMING

- 1 Start with cold whole milk, jug under half full.
- 2 Tip the wand just under the surface, off-centre, to spin the milk.
- 3 Let it pull in air to stretch, then sink it to texture, with no big bubbles.
- 4 Stop at 60-65°C, tap the jug, swirl until glossy.

THE POUR - A HEART

Pour from high to sink the foam under the crema. At half full, drop the spout close and pour faster and a white circle blooms. To finish, lift and draw the jug straight through the middle. That's your heart.

No machine? A cafetière makes surprisingly good foam: warm milk, pump the plunger fast for thirty seconds.

KNOW YOUR ORDER

THE DRINKS, BY RATIO

**ESPRESSO**

- 1:2 coffee to water
- 7g ground coffee
- 30ml serving

**RISTRETTO**

- 1:1 coffee to water
- a short espresso shot

**LUNGO**

- 1:3 coffee to water
- a long espresso shot

**DOPPIO**

- 1:2 coffee to water
- a double espresso shot
- 14g ground coffee

**RED EYE**

- 1:6 espresso to brewed coffee

**AMERICANO**

- 1:2 espresso to water

**LATTE**

- 1:3 espresso to steamed milk with a thin micro foam layer

**CAPPUCCINO**

- 1:1:1 espresso to steamed milk to milk foam

**FLAT WHITE**

- 1:2 espresso to steamed milk with a micro foam layer

**CAFE AU LAIT**

- 1:1 brewed coffee and steamed milk

**CORTADO**

- 1:1 espresso to steamed milk

**MACCHIATO**

- 2:1 espresso to steamed milk

**MOCHA**

- 1:1:4 espresso to chocolate to milk

WHEN IT GOES WRONG

TASTE & TROUBLESHOOT

Brewing is just tasting and adjusting. Slurp it loud to spread it across your tongue, and ask three things: is it sour, is it bitter, is it weak? Each has a simple fix.

SOUR OR SHARP?

Under-extracted: water left too quick.

→ Grind finer · hotter water · brew longer

BITTER OR HARSH?

Over-extracted: water dragged too long.

→ Grind coarser · cooler water · brew shorter

THIN OR WEAK?

Not enough coffee for the water.

→ Use more coffee · grind a touch finer

THE GOLDEN RULES

Fresh beans, ground to order when possible. Good water, just off the boil. Weigh it. Change one thing at a time. And keep notes: your next cup is always the experiment.



THE BREW IS DONE

NOW GO RIDE

You've earned it. Point the bike at the moor, the coast or the nearest café stop, and make the next one worth the climb.

