

How to Use and Adjust the Grind Setting for Your New Manual Conical Burr Coffee Grinder for Best Results



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Maximize the Thyroid-Boosting and Health Benefits of Your Coffee by Freshly Grinding Your Coffee Shortly Before Use.



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The Ultimate Thyroid-Boosting Meal Plan

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STEP 1 - Adjust the Conical Burr Grind Setting

First, you need to **adjust the grind settings**.

This is important, because the grind setting needs to be set in accordance to your coffee maker.

Using the wrong setting can affect the **taste** of the coffee.

When you **first unbox** the grinder, the adjustment knob will be screwed all the way in, with the two burrs (*inner and outer white ceramic pieces*) touching each other.

IMPORTANT: Grinding your coffee with the burrs touching may result in your coffee grinder breaking.



To adjust the burrs, fit the crank arm to the top of the grinder. While holding it in place, turn the adjustment knob slowly to the left until you hear it click.



Depending on **how coarse or fine** you need your coffee to be, you'll use a different number of clicks from the "zero" starting point (*both white ceramic burrs touching*).



FINE GRIND



For a **very fine espresso grind**, turn the adjustment knob counter-clockwise to **5 clicks** from the zero starting point.

Use this setting for making espresso or Turkish coffee.

Since this is a finer grind, it will take longer to grind your beans using this setting.

MEDIUM GRIND



For a **medium grind**, turn the adjustment knob counter-clockwise **12 to 15 clicks** from the zero starting point.

Use this setting for an automatic drip coffee maker, or a manual pour over (e.g., a Chemex or a V60).

Since this is a less fine grind than the espresso grind, it's not going to take as long to grind this coffee.

COARSE GRIND



For a **course grind**, turn the adjustment knob counter-clockwise **25 to 30 clicks** from the zero starting point.

This is ideal for a french press coffee maker, because the coffee grounds remain in contact with the water for much longer than when making espresso or regular drip coffee.

Since this is a coarse grind, it takes much less time to grind your coffee beans on this setting.

GRIND SETTINGS REFERENCE TABLE

TYPE OF COFFEE MAKER	TYPE OF GRIND TO USE	# OF CLICKS FOR ADJUSTMENT
Espresso Turkish Coffee Moka Pot	Fine	5
Automatic Drip Percolator Pour over (Hario, Melita, Chemex, etc.)	Medium	12 - 15
French Press Cold Brew	Coarse	25 - 30

STEP 2 – Measure Out Your Beans

How much coffee should you use? Use this table as a reference.

COFFEE MEASUREMENT TABLE

Cups of Coffee (7 oz / 207 ml)	Amount of Whole Beans	Amount of Grounds	Amount of water
1	15 g / 2 heaping tbsp	2 tbsp (30 ml)	8 oz (237 ml)
2	30 g / 4 heaping tbsp	4 tbsp / ¼ cup (60 ml)	16 oz (473 ml)
4	60 g / 8 heaping tbsp	8 tbsp / ½ cup (120 ml)	32 oz / 1 qt (946 ml)
6	90 g / 12 heaping tbsp	12 tbsp / ¾ cup (180 ml)	48 oz / 1.5 qt (1.4 L)
12	180 g / 24 heaping tbsp	24 tbsp / 1½ cup (360 ml)	98 oz / 3 qt (2.8 L)

STEP 3 – Add the Coffee Beans to the Grinder

Next, remove the top and pour your coffee beans into the grinder.

Replace the lid and crank arm.



STEP 4 – Grind the Coffee Beans

Turn the crank arm in a **clockwise direction** only.

Grinding time varies with the amount of coffee beans and the grind setting. You'll know you have finished grinding when the arm becomes much easier to turn, and the sound of grinding stops.



STEP 5 – Remove Coffee Grounds

Now simply **pull the top and bottom of the grinder apart** and pour your ground coffee into whatever device you're using to brew it.



STEP 6 – Ready for a Refill?

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