AMERICAN · DRINK

Easy Cold Brew Coffee (Immersion or Hot Bloom)

15 min · plus 12–24 hours steeping Makes 8 × 1 glass (150 ml) over ice 2 kcal a portion

Video 4:21 · Joshua Weissman

Vegan | Paleo | Gluten-free ingredients | No nuts listed

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Black and unsweetened, it is practically calorie-free (1–2 kcal a glass). Steeping the coffee cold gives a smooth, less bitter brew that is easy to enjoy without sugar or syrup.

Diet notes: Low carb (0 g net carbs) but not keto: 18% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0 g, 0% of the energy); DASH-friendly (0 mg sodium a serve).

Ingredients 3 · MAKES 8 × 1 GLASS (150 ML) OVER ICE

- [ ] 1½ cups **coffee beans**, coarsely ground (brewed, then grounds strained out)
- [ ] **Water**: 6 cups cold or room-temperature filtered water
- [ ] **ice**, to serve

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Grind 1½ cups of good coffee beans coarsely, like coarse cornmeal, and tip them into a half-gallon (2 quarts) jar. 1:19
2. Immersion method: pour in 6 cups of cold or room-temperature filtered water and stir until all the grounds are wet. Cover and refrigerate for 12–24 hours; 24 hours gives a much stronger brew. 1:36
3. Hot bloom method (a little brighter and fuller): pour in about 2 cups of the water heated until steaming (about 205°F), stir, wait exactly 1 minute, then add the remaining 4 cups of cold water. Stir, cover and refrigerate for 12–24 hours. 2:00
4. Strain through a fine sieve lined with cheesecloth, or for no grit at all, slowly through a paper filter in a pour-over cone or Chemex. 2:33
5. Pour over plenty of ice and drink. Keep the rest covered in the fridge.

> **Tip** Joshua's recipe serves 8: it makes about 5 cups after straining, about ⅔ cup a glass. Any milk you add is extra. Cold brew is high in caffeine, so one or two glasses a day is plenty.

The method is a summary in our words — the video shows every step.

One portion, 1 glass (150 ml) over ice, gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
2 kcal 10 kJ	0.2 g 0% of a day	0 g 0 g net · 0 g sugars 0% of a day	0 g 0% of a day	0 g 0 g saturated 0% of a day	0 mg 0% of a day

Energy from net carbs 0% · protein 100% · fat 0% — very low carb (under 10% of the energy from carbs)

Recipe and video: Joshua Weissman (@JoshuaWeissman) on YouTube — youtube.com/watch?v=v_qHWgmsPrw, published 23 September 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/easy-cold-brew-coffee