

Welcome to



Welcome to Rec Base

Your place to Rest, Explore, Create. Whatever your purpose is in coming here, you are sure to feel refreshed and renewed by the end of your stay. *"And into the forest I go to lose my mind and find my soul."* John Muir.

We are available to help you out by text or phone while you enjoy your stay here, but we are in Calgary and so we will require a minimum three-hour drive to reach you. We hope that the following tips will help you to have a relaxing, stress-free stay!

Parking

Please feel free to park on the north side of the house and in between our shop and the house. There should be ample parking for you and your visitors. If you need to maximize parking, you can angle park against the deck on the north side of the house.

Please don't park west or south of our house as that is our septic field and it won't help anyone to have your vehicle there. :-)

Locks

You've managed to open the front gate and the main cabin! Welcome to your space. Please keep the keys that you found in the lock box on the key rack just inside the north door, so that you don't lose them during your stay.

Emergency Numbers and Contacts

Hope - 403-993-0368
Darcy - 403-874-6503
Email - recbaseab@gmail.com

Rocky Mountain House Hospital
(403) 845-3347

Rocky Gas Co-op
1-866-845-2766, (403) 845-2766

Police - 911

silverwords.ca

Thank you to Roberta Davies of Silver Words for her help with editing.

"I do words. Words are my thing. Whether you need help with your website content, or maybe messaging for social media, or even an old fashioned flyer; I can help."

Septic Tank

The property's plumbing operates on a septic tank, so there are some considerations to keep in mind.

- Please don't flush anything more than a reasonable amount of toilet paper and your natural waste.
- Tampons, feminine hygiene products, hair, food, tissue, napkins, paper towels, condoms, q-tips, cotton balls, wipes are not tolerated by our septic tank.
- Please don't even flush "flushable" or "septic safe" items.

We appreciate your help with this as it saves us a lot of money in maintenance and allows us to offer our rental at a reasonable price.

Well Water

The property uses well water.

Over the last two years of constant use, the water has just gotten better and better. We used to bring out 23 L of drinking water for each guest's stay, but we have limited that now to about 15 L.

We are now comfortable using the water for everything from cleaning to cooking to drinking. We bring fresh Calgary tap water out for you so that you can be comfortable with what you consume.

Fireplace

This fireplace generates a lot of heat. Once you get it going the temperature of the cabin will go up substantially. You may need to open a window to cool off. Make sure to let your fire die out before leaving the property. Don't build a roaring fire just before you leave.

Making a great fire:

1. Open the flue/damper.
2. Start small; use paper and kindling.
3. Once the kindling is going, place one log inside, shut the door almost all the way, just don't latch it.
4. Let it develop a good bed of ashes. When that log is burning well you can add another and shut and latch the door and close the damper to your desired level.

Garbage

For longer stays / messy garbage: If you are here for a longer stay and need to take out the garbage, we have a garbage can in our playhouse (the unfinished structure just right of the wood shed). You are welcome to leave your garbage in there, just please make sure the latch is secure.

For shorter stays, you can secure the bag of garbage and leave it in the hallway by the door and we will take it out when we come to clean.

Inside is better than outside, anything left outside will be torn apart by birds, etc.

Rec Base Home Rules

As your hosts, we aim to make your stay as comfortable as it can possibly be! Our mission is to help our guests create beautiful family memories while they relax and rejuvenate in our comfy cabins. To achieve this we would truly appreciate it if you can follow these house rules.

- **Parking** is allowed only on the north side of the house and between the shop and house. Please do not park or drive on the grass, including OHV's.
- Please respect the following places that are designated **Off Limit Areas**:
 - the Septic Field, south and east of the house (walking on it is okay)
 - the roadway running north and south on the east end of the property
 - anything that is locked
 - climbing on any of our buildings
- **Clean shoes** are allowed in the house but not on the furniture.
- Your **pets** are welcome, but they should stay off the couch and beds. Please pick up after your pet and dispose of their waste in the garbage at the end of your stay.
- If the **trampoline** is set up, you are welcome to use it, but you do so at your own risk. Children under 12 should be supervised by a responsible adult.
- **Smoking is not permitted** inside any of our buildings. Extra fees to remove odor and stains may be applied.
- If you would like to **host an event** (i.e. wedding, graduation, party), please speak with us about it first. Guests that have had a party without host permission, which results in extra cleaning, guests will be responsible for extra cleaning charges.
- **Visitors** are welcome, as long as they obey the house rules.
- We strive to show respect to our neighbours in the area and ask that you adhere to a **quiet time** beginning at 11:00 p.m. We understand that the surrounding area gets loud during the summer long weekends, but we have found this to be a quiet place and we want to preserve this. Quieter living is more attractive to the local wildlife and increases your chances for amazing wildlife spotting.
- Fires are allowed in the indoor wood stove (abundant wood provided). Or the fire pit outside. Please keep your wood use to a "reasonable" amount.
- In relation to the high winds that can come up, please make sure outside items are secured before going to bed at night. We would hate for something to go flying and break your car window.
- Please keep your **snacks and food** to the dining room, kitchen and decks. There should be no food or drinks in the little cabins or the bedroom of the Main Cabin.
- Please note that occasionally, **we may leave consumables** such as condiments or snacks left behind by previous guests. We try our very best to ensure that it is not expired or stale. However, it is up to the guests' discretion and whether to consume these items. The host does not take any responsibility for the consumables.

- If you use the BBQ, take note that it is missing one wheel at the back and is propped up. Please clean it when done.
- You are welcome to do an appropriate amount of **laundry** for the length of your stay. All towels and bedding will have been freshly washed upon your arrival.
- We are on a **septic tank** and so there are some considerations to keep in mind. Please don't flush anything more than a reasonable amount of toilet paper and your natural waste. Tampons, feminine hygiene products, hair, food, tissue, napkins, paper towels, condoms, q-tips, cotton balls, wipes are not tolerated by the septic tank. Please don't even flush "flushable" or "septic safe" items. We appreciate your help with this as it saves us a lot of money in maintenance and allows us to offer our rental at a reasonable price.
- Please don't rearrange the **furniture** inside the cabins. You may rearrange the furniture outside on the deck, but please put those items back where you found them at your checkout.
- The Main Cabin has a large **garbage** under the kitchen sink as well as one smaller one in each bathroom. You can use these for food that you would normally compost as well as any other garbage. Please combine your bathroom and kitchen garbage into one big black bag at the end of your stay. We will dispose of it all when we come to clean. The big black bin to the right of the fridge and cupboard is for recycling only.
- To keep **your belongings safe and secure**, before you leave, for any amount of time, make sure to shut the windows, lock them and enforce them with the wood that is provided at each window. Lock the doors to all the cabins, if you have had access to them. Also, lock the gate when you leave. Extinguish any candles or fires in the wood stoves. Turn off all of the lights, including the ones under the kitchen cupboards.
- Please let us know if there are any **damages**, accidental or otherwise, to any of our kitchen items, household property or buildings. Damages and breakages will be assessed according to the agreement. Our main concern will be to stabilize unsafe furniture and replace kitchen items as needed in time for our next guests.
- If guests are suspected of carrying and/or using **illegal drugs** of any kind, the authorities will be engaged, and guests will be asked to vacate the property immediately.
- Please **do not use firearms** of any kind on our property.
- As this is an AirBnB, and our home away from home, **please be respectful** of the property and our belongings, follow the checkout guidelines before leaving.
- **Check out time** is at 1:00 p.m. on the day of your departure. This allows us time to come out from Calgary and do the necessary clean up to prepare it for turn over. Please check in with us if you require a later checkout. We have included a checklist to assist you with a smooth cleanup and checkout process.

Check-Out List 1:00 p.m.

- ☐ Make sure all of your dishes have been washed and either put away or left to drain in the dish drainer. The dishwasher should be done washing before you leave (no need to unload).
- ☐ Empty the fridge of all of the things you would like to take home.
- ☐ Combine your garbage into one black bag (two if necessary) and leave it in the "playhouse" inside a garbage can.
- ☐ Strip your beds and leave the sheets and used towels in a pile on the master bedroom floor. (blankets can be left on the bed)
- ☐ Ensure the fire is out and the door is latched.
- ☐ Ensure there is no water left running on the property.
- ☐ Close the windows, lock them and insert the wood braces, leave the blinds up.
- ☐ Put all of the deck chairs back against the house.
- ☐ Put all of your cans & bottles in the black garbage can.
- ☐ Extinguish candles.
- ☐ Turn off all of the lights and check that the stove is off.
- ☐ Double check everything.
- ☐ Lock all of the doors and return the keys to the lockbox.
- ☐ Lock the gate again when you leave.

Check-Out List 1:00 p.m.

- ☐ Please load the dishwasher, we will run it when we come out.
- ☐ Empty the fridge of all of the things you would like to take home.
- ☐ Combine your garbage into black bags and leave it in the “playhouse” to be bear safe.
- ☐ Strip your beds and leave the sheets and used towels in a pile on the master bedroom floor. (blankets can be left on the bed)
- ☐ Please start one load of small cabin bed sheets, “grey ones” or “red/black” ones.
- ☐ Please return the trampoline to its original spot, if you have moved it.
- ☐ Please ensure the remotes are on the shelf by the TV.
- ☐ Ensure all fires have been extinguished.
- ☐ Ensure there is no water left running on the property.
- ☐ Close the windows, lock them and insert the wood braces, leave the blinds up.
- ☐ Put all of the deck chairs back against the house.
- ☐ Put all of your cans & bottles in the black ‘garbage can’.
- ☐ Extinguish candles.
- ☐ Turn off all of the lights and check that the stove is off.
- ☐ Double check everything.
- ☐ Lock all of the doors and return the keys to the lockbox.
- ☐ Lock the gate again when you leave.

"Things To Do" Winter

Rest, Explore, Create at Rec Base

Challenge Your Inner Explorer: Discover uniquely spectacular attractions and enticing activities in our region.

- David Thompson Country

Shopping -

The Birdman's Wood & Stuff
Caroline, AB

This is a great store to check out and the prices are very reasonable for the quality hand-crafted wood items.

Year Round Birding Sites -

[Raven Brood Trout Station](#) -
29 minutes east then south

[Medicine River Wildlife Centre](#) -
38 minutes east

[Burntstick Lake](#) -
30 minutes east and south

Ice Fishing -

- Burntstick Lake - 30 minutes
- Phyllis Lake - 15 minutes

(Jan 14, 2021 Update: the ice has a sloppy top layer due to the warm weather, about 4 inches of water on top of the ice)

Cross Country Skiing/Hiking/Bumper Sledding -

- RR 8-2a (west end), RR 8-2 (east end)
 - This looks like a good road to explore. It is only about 2.5 kms long, but it has a "parking lot" mid-way. There are many trails to explore and an Air Cadet camp and old sawmill are 'somewhere' to the south (towards the river).

Stay At Home -

Board games, puzzles, reading, baking, cooking, painting, journaling, crafting, star gazing, snow painting, snow fort building, sunset appreciating, yoga, meditation, spiritual retreat, planning - you are the boss!

Quadding -

We aren't knowledgeable in either of these areas, (Quadding / Snowmobiling), but we will gather more information so that we can give good answers to those searching.

In the summer, the trails are accessible right from our gate, we are unsure how many of the trails are shared with snowmobilers.

[Alberta Trails](#)

- Limestone Mountain (21.2 miles)
- Creek + Mountain Loop (16.25 miles)
- Camp David, etc. (32.6 miles)

Snowmobiling -

There are 65 kms of trails (Tay River Trails) maintained by the Caroline Snowmobile Club, these can be accessed right from our gate.

Drives -

Please note: 4x4 is recommended for these winter drives, even if you don't plan to go far.

Rocky Mountain House via Strachan and the Swan Lake Road.

(2 hours circle trip).

Drive to Highway 752, via Swan Lake, east to Rocky Mountain House, circle back home, look for wild horses. (make sure to Google Map this route first)

Drive west into the Forestry Reserve.

(15 minutes one way)

Follow the sign to Calgary and stop at the Clearwater River Bridge for some beautiful scenery on a sunny day.

"Things To Do" Summer

Challenge Your Inner Explorer:

*Discover uniquely spectacular attractions and enticing activities in our region
- David Thompson Region*

Good Eats -

Ice Cream at the Clearwater Crossing

Burgers at Burger Baron in Caroline

Fishing / Kayaking -

(lakes are intentionally paired for proximity)

Swan Lake & Tay Lake

Phyllis Lake & Alford Lake,

Burnstick Lake & Beaver Lake

Events -

Caroline Bighorn Stampede
May Long Weekend

Rocky Mountain House Rodeo
First Weekend in June

Sundre Pro Rodeo
Third Weekend in June / 2nd Weekend in August

Birding -

Raven Brood Trout Station, Burnstick Lake, Medicine River Wildlife Centre, Phyllis Lake

Stay At Home -

Board games, puzzles, reading, baking, cooking, painting, journaling, crafting, outdoor games, trampolining, star gazing, fire pit gathering, yoga, meditation, spiritual retreats - you're the boss!

Hiking - use AllTrails App

(times are driving distance)

Peppers Lake
45 minutes, one way (short hike around a small lake)

Ram Falls
1 hour, one way

Crescent Falls - 2 hours, one way

Limestone Mountain
1 hour, 20 minutes - one way (5 km hike)

Museums -

Caroline Wheels of Time Museum - 20 minutes, one way
Friday - Sunday, 12:00 - 5:00 p.m. May Long to September Long
<http://www.carolinemuseum.ca/>

Rocky Mountain House National Historic Site
50 minutes, one way
Explore how Canada's fur trade helped shape the nation. Enjoy exhibits, walk through archaeological remains of the four forts, get hands-on experience using the skills developed by the Métis.

Open 10-5, May 10 - September 7

Admission: 17 and under free
Adults \$7.90
Or use your Parks Canada Discovery Pass

"Things To Do" Spring

Challenge Your Inner Explorer:

*Discover uniquely spectacular attractions and enticing activities in our region
- David Thompson Region*

Good Eats -

Ice Cream at the Clearwater Crossing

Burgers at Burger Baron in Caroline

Grounded - Coffee shop in Caroline

Nearby Lakes to explore (hiking) -

(lakes are intentionally paired for proximity)

Swan Lake & Tay Lake (muddy access)

Phyllis Lake & Alford Lake (easiest access)

Burnstick Lake & Beaver Lake (20-30 min)

Birding -

Raven Brood Trout Station (west on 22 towards Sundre) (includes Frisbee Golf)

Medicine River Wildlife Centre (18km east of Caroline then 6 kms south) Sandhill Cranes are to arrive on April 10 and nest there. Very nice place.

Phyllis Lake

Burntstick Lake

Stay At Home -

Board games, puzzles, reading, baking, cooking, painting, journaling, crafting, outdoor games, trampolining, star gazing, fire pit gathering, yoga, meditation, spiritual retreats - you're the boss

Hiking - use AllTrails App

(times are driving distance)

Peppers Lake

45 minutes, one way (short hike around a small lake)

Ram Falls

1 hour, one way

Crescent Falls - 2 hours, one way

Limestone Mountain

1 hour, 20 minutes - one way (5 km hike)

****Explore these roads at your own risk, as they could still be quite muddy.**

Walk along the Clearwater River, west on hwy 591 and south on hwy 40. 15 minute drive.

Attempt to find the old sawmill on RR 8-2. We aren't sure where it is. Cute little road that we want to explore though.

****Bring good rubber boots / boots made for mud.**

Drive the Swan Lake Road (1 km west) and look for wild horses in the evening. Often you'll spot them by the 12 km marker.

Shopping-

*The Birdman's Wood & Stuff
Caroline, AB*

This is a great store to check out and the prices are very reasonable for the quality hand-crafted wood items.

About the Area

The Village of Caroline is a small progressive community surrounded by Alberta's rolling foothills and is just east of the Rocky Mountains.

The area is well known for its breath-taking landscape and untouched wilderness and is described as the perfect place to get away and enjoy peace and quiet.

The Village of Caroline a "Community of Choices," is situated in a rolling farming and ranching area about eight kilometres northeast of the Eastern Slopes area and 50 km east of the Banff National Park Boundary.

It has a population of 556.

VillageofCaroline.com

Clearwater County covers a large area in West Central Alberta, with farms in the east and mountains and rivers in the west.

The county gets its name from the Clearwater River that joins with the North Saskatchewan River near Rocky Mountain House.

Clearwater County's history consists of traders, explorers and entrepreneurs looking to make their mark in the world. Visitors will enjoy the breathtaking views that can be seen by car or by taking one of the many hikes.

ClearwaterCounty.ca

DavidThompsonCountry.ca

About Rec Base

While we don't know much about the history of the property, we do know that the Main Cabin was built in 2003.

We have been hiking, fishing, and camping in this area for many years. So when the opportunity arose to buy this place we jumped at it. We are excited not only to enjoy the property ourselves but to share it all with you!

Rec Base includes:

The Main Cabin - all amenities included.

Small Cabin #1 - futon, dresser, nightstands, bed, heater, electric fireplace, bookshelf / books, TV / DVD / DVD's (no running water or bathroom)

Small Cabin #2 - futon, dresser, nightstands, bed, books, TV / DVD / DVD's, games, puzzle, (no running water or bathroom)

Shop - has a wood stove, extra tables and chairs for eating or playing games. There is a dart board, an extra fridge and some storage for us. It is a great additional space if you are renting Rec Base for large groups. People could gather in there to eat or play, depending on their needs and the weather.

North Shed (north of the shop) - a large shed that contains building material and older tents and older furniture, etc.

South Shed (south of the house) - contains a lot of seasonal items and yard tools.

Playhouse - equipped with light switches - we currently use this place as a safe place to put garbage until we can haul it away. There is a garbage can included in there.

Wood Shed - the wood is properly dried and ready for burning. You will find that the main cabin is stocked with some wood, but you may need to come and get some more. Kindling has been prepped for you, but you are welcome to make more as needed.

How To: (Main Cabin)

Instructions for Appliances and Electronics

Power and Heat

1. Thermostat - press, turn for options
2. Fireplace - start small, use paper and kindling, once the kindling is going, place one log inside, shut the door almost all the way, just don't latch it. Let it develop a good bed of ashes. Once it is time to add another log, you can add it and then shut and latch the door and close the damper, part way.
3. Fireplace in Shop - same as inside Main Cabin
4. Cabin Breakers -
5. Heat in Cabins -
6. Fridge in Shop - please let us know if you will need this additional fridge.

Bedding and Extra Lights

1. Please be sure to use sheets provided so that we can cut down on the amount of laundry loads we need to do.
2. Pull out sofa - you can pull out the sofa bed (left hand side of the couch) and put the foam mattress from the bedroom on top. If requested, this will be laid out for you ahead of time.
3. Air Mattress - blow it up with the pump found in the bedroom's wardrobe. You can lay a sleeping bag on it and then the sheets and blankets. If requested, this will be set up for you ahead of time.
4. Fairy Lights on the shelf - reach inside the pretty pitcher and find the switch to turn on these magical lights. They automatically go out after 6 hours.
5. Counter Lights in the Kitchen - use the remote to turn on these lights. If you press "30" they will only be on for 30 minutes and you won't have to remember to turn them off. They are battery operated, so it's best to use the 30 minute timer.

Kitchen Items

1. Popcorn Maker - (see page 13)
2. Cast Iron - (see page 14)
3. Aero Press Coffee Maker- (see page 15, also on the coffee cupboard door))
4. Waffle Maker - plug waffle iron in, let it heat for ten minutes or so (it is quite old). Use as normal, wipe up carefully when you are done and it is cool.
5. George Forman Grill - plug in and let it heat up. Place a cookie sheet underneath, at the front, in front of the legs, to catch drippings. Great for bacon and sausage.
6. Oven - the oven seems to heat at lower than normal temperatures, please allow extra time for your baking needs and/or increase the temperature.
7. Stove Top - be careful not to touch the hot surfaces and protect small children from doing so. Wipe up spills and stuck on items with a soft cloth.
8. BBQ - we have a BBQ outside against the south wall of the main cabin. One of the back wheels is broken so you will need to take care when moving it around to BBQ with. Please let us know if it is out of propane or needs other maintenance.
9. Dishwasher - the dishwashing pods are under the sink. You can insert one into the pocket, close the lid, shut the main dishwasher door and start.
10. Fridge - feel free to use the fridge for your own personal items. Anything you find in the fridge you are welcome to use. The freezer items may not all be free to use.

Other

1. Bluetooth Audio connected to indoor and outdoor speakers. This has three modes:
 - a. Radio - we haven't been able to connect this, and have now set it in a spot that the antenna can't be raised in.
 - b. USB
 - c. Bluetooth - easily connect using your phone's settings for Bluetooth. The device name is MOUKEY MAMP 2. You can use the tiny remote with this device if you'd like. The system does tend to get warm, please remember to turn it off when not in use.
 - d. We have added a switch to the right of this Audio Device that lets you turn on or off either the indoor or outdoor speakers. Enjoy!
2. DVD Player - bring some movies to enjoy. Power on, then, using the TV Remote choose the input setting HDMI. Now you are set to use the DVD Remote to operate the DVD player.
3. Super Nintendo Entertainment System - Power on, then, using the TV Remote choose the input setting, HDMI. Choose your game and enjoy. There is currently one working extension cord to extend the player remote controller and one regular length cord.
4. Washer - Choose your setting, turn on the water, add the soap, add the clothes
5. Dryer - add the clothes, choose your setting, begin

WhirleyPop™ Popcorn Popper - Instructions

Popping Instructions

1. Do not add any ingredients while the popper is on any heat source
2. Use the proper amounts of oil and popcorn.
3. For Popcorn use 1/2 Cup
4. For Oil use 1-3 Tablespoon
5. Some gourmet hybrid popcorn such as white, crimson or petite pop-up smaller and should be adjusted accordingly
6. As you become more comfortable with your popper, you can reduce the amount of oil used to as low as a single teaspoon. That's about 41 calories - 4 1/2 fat grams!

Stove Instructions

1. Do not preheat popper and oil
2. If using electric range, heat range only to medium-high; place popper with added ingredients on heated unit
3. Stir slowly, adjust temperature as needed so popping is complete in about 3 minutes
4. Continue stirring through entire process until there is only an occasional pop...pop, or until the handle becomes hard to turn. Do not force the handle.
5. Remove from heat immediately
6. Transfer into a serving bowl
7. Add butter and salt or your favorite seasoning

CAUTION:

- Never place empty popper on heated stovetop
- Never leave popper unattended while popping

Easy Cleanup

After popping a batch of popcorn, and your Whirley Pop has completely cooled down, it can be easily wiped clean with a paper towel and put away until you're hankerin' again.

If you popped with sugar or glazes, you will want to give it some extra attention by removing the lid and letting it soak in some soapy water for a few minutes before rinsing and drying. You may want to re-season the pot again as well.

That's pretty much all there is to it!

Don't ever:

- Put your Whirley Pop in the dishwasher
- Leave an empty popper on a heated element (aluminum can warp or melt!)
- Use butter, vegetable spray, or olive oil
- Use cheese or dairy in the pot
- Force the crank when the pot is full
- Shake the pot across your element (it can scratch glass-top stoves!)
- Use oven cleaner to clean
- Put in the microwave
- Let unsupervised children use the Whirley Pop

Cast Iron Instructions

Cooking

Cast iron is seen as the 'hard-to-use pan' in the kitchen, but in reality, it couldn't be easier. There are just a few rules with cast iron, and once you know them, you'll understand why those who cook in cast iron pans, love them.

- **Heat:** heat the pan properly before you use it. That means putting it onto a low to mid-flame when you start prepping, and letting it heat while you chop onions and get your things together. Rotate the pan every few minutes to make sure the whole thing is heated, and when you come to actually cook, the whole cooking surface will have heated evenly and, this is important, will stay hot for ages and transfer that heat really well. If you try to cook in a cold pan, you're quite likely to have food stick, because heating also helps to close the microscopic pores in the surface, preventing food from sticking.
- **Oil your food:** whereas with other pans, like stainless steel or non-stick, you'll squirt a little oil into the base of the pan before you cook, with cast iron (especially griddled cast iron), you're much better off brushing oil onto your meat or veggies before you cook them. This helps to prevent oil from cascading into the grooves on the pan and making clean up such a pain. When you add your food to the pan, use tongs and a firm grip and drop and lift it a few times to create the initial sear, then pop it down and leave it.
- If you are searing steak, don't flip it constantly. Leave it to cook for the full cooking time on one side, then flip it. This caramelises the sugars in the meat, searing it and preventing it from sticking. If you lift it too quickly, you'll break the searing process, resulting in a flabby steak and stuck on mess on your pan.

Cleaning and care

The key to maintaining your cast iron pan is cleaning it after cooking.

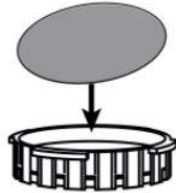
- Never plunge a hot pan into cold water, or run it under a cold tap. The thermal shock can crack it, and it's just not worth it.
- Cook your food as instructed above, then remove from the heat and allow to come to room temperature.
- If some bits of food have stuck onto the surface of your pan, pick them off the cold pan. It's best not to use a scrubbing brush – rather use a combination of a little coarse salt and a cloth to get off any really stubborn food (this should indicate to you that your pan is inadequately seasoned, so you might want to try the seasoning step in the oven again and repeat it a few times before using the pan for cooking).
- No stuck on food? Success! Once the pan is cold, run it under the tap (no need to use soap) and wipe it out with a damp cloth to remove any residual oil.
- Leave to drain, then dry thoroughly and return it to the cupboard.

Aero Press Instructions



Step 1

Push plunger out of chamber.



Step 2

Put filter in filter cap.



Step 3

Twist filter cap onto chamber.



Step 4

Stand chamber on sturdy mug and put one rounded scoop of fine drip grind coffee in chamber.



Step 5

Shake to level coffee.



Step 6

Add water up to Level 1 on the chamber. **175°F (80°C) water for hot brewing** or **tap water for cold brew.**



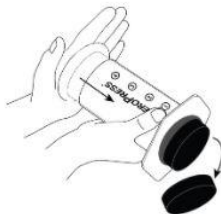
Step 7

Stir about **10 seconds for hot brewing** or **1 minute for cold brew.**



Step 8

Insert plunger and press gently, pausing when you feel resistance, until plunger reaches grounds.



Step 9

Remove filter cap, push plunger to eject used coffee and rinse seal.

Step 10

Espresso style:

Drink as is.

American coffee:

Add water to fill an 8 oz. (237 ml) mug.

Latte:

Add milk to make an 8 oz. (237 ml) latte.

Cold brew:

Add tap or ice water to make an 8 oz. (237 ml) mug of cold brew.

**Our mugs are 10-12 oz and you'll need to adjust accordingly.*

I Tried 5 Methods to Make Italian-Style Coffee at Home The Winner Was Clear (and Surprising!)

By JILL WALDBIESER
updated MAR 19, 2020

<https://www.thekitchn.com/best-coffee-brewing-method-22977756>

It doesn't take much digging through the vast array of coffee-making apparatuses, either at your local kitchen store or online, to get overwhelmed. There are drip machines, pod-machines, French presses — even this odd-looking contraption. When selecting the best brewer for you, you'll want to consider a variety of factors: How fast is it? How much cleanup is required? How much coffee does your household consume? And of course, there's taste.

For Me, Great Coffee Tastes Like Italy

Since I started drinking coffee in college, I've cycled through practically every way there is to brew and enjoy the stuff. When convenience was a priority, I frequented vending machine dispensers and used K-cups. Eventually I got into higher-quality coffee, and wanted to make it at home. I bought a pourover (more on that, below) and started grinding my own beans.

I thought I knew everything. Then I went to Italy.

Italy changed my ideas about what good coffee was, and about what it was worth doing to *get* that good cup. Even the stuff you buy at rest-stop gas stations there tasted infinitely superior to anything I'd ever had stateside.

When I got back, I was motivated to improve my home-coffee game. So I consulted with a couple coffee-making experts, Dan Pabst at Melitta and Giorgio Milos, master barista for Illy, to see where I could improve my brew.

What Makes Great Coffee, According to Experts

Pabst and Milos broke it down to its simplest components for me. A brew's flavor derives from two primary things: There's where and how the beans are grown (the *terroir*, like wine) and how darkly or lightly it's roasted.

When it comes to roasting, Milos takes the view that there is no right or wrong level, it comes down to personal taste. He compared the preference for lighter roasts versus darker ones to liking steak rare versus well-done.

But what about the brewing process itself? With so many methods, surely there were differences in the taste of the final cup that went beyond the bean. There, Pabst and Milos had opinions, but to really find out firsthand, I decided to stage a cage-match style cup-off. I chose five of the most popular home-brewing methods to compete against each other for my own personal single best cup of coffee. Best cup, in this case, being the one that tasted most like I had enjoyed in Italy.

How I Tested Coffee Methods

There are a lot of considerations that go into choosing a coffee-making method, including quantity, economy, and convenience. But for this test I wanted to determine which method simply yields the *single-best cup* of coffee. And my basis for consideration was my platonic ideal: the rich, smooth, complex, just slightly bitter brew I found in Italy.

In order to remove as many extraneous variables as possible, I didn't give any consideration to whether a method makes a lot of coffee or a single cup, and I didn't pay much attention to how complicated or time-consuming a method might be. Taste was the goal, although I realize that a coffee method is often more about how many people you need to serve or how long you have.

Then there was the choice of **coffee beans and roast**. Although my own preferences tend toward something a little more locally-sourced, I wanted to make this as even-handed as possible. I decided to use a high-quality, but widely available medium roast coffee: Starbucks Pike Place medium roast beans. If you decide to repeat my methods, you should most certainly use the beans (and the roast level) you prefer.

I bought my beans whole and used a burr grinder to **grind each batch fresh**, and to the recommended level of coarseness. (To find the correct grind size for each method, I consulted this guide from the home-brewing blog Home Grounds.) Both experts agreed that a **burr grinder**, which crushes the beans and results in an even-sized grind, is infinitely better than a blade grinder. Both also noted that pre-ground beans can work perfectly well for most methods (though some require a particular size grind), and will be perfectly fresh if used within a week or so.

I used the amounts recommended by the manufacturer, unless otherwise specified, and tap water, heated with a gooseneck kettle, in all tests. All brews were judged black, without sugar or cream, also to reduce the variables.

I also followed Pabst's advice to use **paper filters** for every method that needed them, not the reusable ones the eco-conscious cook in me loves. He explained that paper absorbs some of the oils from the beans, which can interfere with the taste. Armed with this knowledge, a bag of beans, and a kettle, I prepared to get my buzz on and determine the best way to brew once and for all.

Method: Drip Machine

- Time: 8 minutes
- Flavor Rating: 5/10

There are some high-tech coffeemakers out there, but the one I used was a standard-issue drip machine, the kind you're likely to encounter in waiting rooms and other public places. Its most forward-thinking feature is probably a charcoal filter for the water. Adjustable settings allow you to pick your desired java strength (regular or bold) and temperature. After consulting the chart, I added three tablespoons of medium-grind coffee to the refillable filter basket, chose the regular strength and medium heat, and commenced brewing.

Drip Machine Results: I wasn't expecting much, but I was secretly hoping to be pleasantly surprised so I could shock the coffee snobs. Alas, despite a deep appreciation for programmable machines that let you have a hot cuppa waiting for you, the flavor really was lacking. The coffee was much thinner and more translucent than all my other tests, and the taste was equally watered down.

Method: French Press

- Time: 5 minutes
- Flavor Rating: 7/10

I was on a daily French press kick for a while so the process was familiar. I added 42 grams of coffee, ground to the French press setting on my grinder, to the carafe. Then, I poured in water that was just below boiling, around 175°F. I let it steep for four minutes, using a timer. While steeping, I swirled the grounds in the water, which is supposed to give better extraction than stirring. Then I depressed the plunger to trap the grounds at the bottom, and poured my coffee. The whole process seems fussy, but honestly waiting is the toughest part.

French Press Results: Given that the grounds come into the most prolonged contact with the water in this method, I expected it would be the boldest tasting. It wasn't, but it wasn't bad. The color and aroma were both lighter than pour over, and I could see the oils from the coffee beans on top, left behind because there was no paper filter to trap them. The taste was enjoyable, smoother and noticeably less bitter than drip — but it also lacked a certain depth and punch.

Method: Moka Pot

- Time: 10 minutes
- Flavor Rating: 8/10

The Bialetti Moka Pot, that iconic little metal two-story hexagonal stovetop coffee maker, uses pressure extraction — similar to espresso. This is the classic Italian method, and the one I've been using to make my daily brew since I went to Italy last year, so I thought I had this method down pat. But on talking with Pabst and Milos, I discovered that I could be doing a few things differently.

The base holds water, which I learned should be just below boiling *before* you put it on the stove. When the water boils, it generates steam, which forces the water up through the basket of grounds resting on top of it and into the top chamber. I had also been told not to pack the grounds too tightly, because it can block the water, and cause too much pressure to build up. And I discovered that you can get a better cup of coffee if you brew with the lid open; then, as soon as the coffee starts flowing out of the spout, you remove it from the heat, close the lid, and wrap the base with a chilled towel or run it under cool water to stop the extraction process. This prevents the coffee from being too bitter.

Moka Pot Results: I still love this method, maybe even a little more now that I'm using this new method. It's kind of Zen to set it up, the cleanup is easy, and the sputtering of coffee brewing will forever remind me of Italy. It makes a darn good cup, too: The coffee is steamy, thick, and dark brown with a strong, pure aroma. A sip delivers that classic robust, slightly bitter flavor to my tastebuds. The main problem I've found is that the metal filter cup leaves some sediment in my cup, but I consider that a small price to pay. Ironically, however, two methods seemed to yield a cup that was even better than the classic Italian way: The pourover and the Aeropress, below.

Method: Pourover

- Time: 5 minutes
- Flavor Rating: 9/10

I've been a pourover fan for a long time, mainly because cleanup is so easy. I suffered eco-guilt at the thought of paper filters, though, and switched to reusable ones a while back. This test convinced me to switch back, and compost the filters I use instead.

Following these directions, I placed a paper filter in my pour over and poured right-off-the-boil water into wet the filter to remove any paper taste. Then I added the grounds, 21 grams of a medium-fine grind, the consistency of table salt. (This was actually much finer than what I had typically used.) The first pour of the pourover process is supposed to “bloom” the grounds, or wet them and allow them to release their flavors. I stirred the grounds at this point, something I had also never done before. Then I added more water in a longer, swirling pour, followed by smaller quick hits until the mug was full.

Pourover Results: If this process seems a bit extra for your basic morning cup of coffee, I'm with you. But it's not actually difficult. It's slow, making only one cup at a time, but with practice it almost becomes second nature — and the results are unbelievable. The pourover yields a dark, thick liquid with a rich, robust taste. I never noticed the thin sheen of oils on coffee before, but using a paper filter definitely eliminates them.

Method: AeroPress - *This is the one we chose!!*

- Time: 2 minutes
- Flavor Rating: 10/10

About: I'll admit that, after my pourover test, I was convinced it couldn't get better. But this device, designed by a Stanford University professor, has a cult-like following among certain coffee enthusiasts.

It certainly doesn't look fancy. It looks like a plastic bike pump and works somewhat like a French press. After adding a paper filter to the bottom of the chamber, you put the coffee (ground midway between espresso and a drip coffeemaker) and hot water in, stir, and then use the plunger to force the water through the grounds into your cup. While a French press, requires a four minute steep, this method only sits 10 seconds before plunging (though it's recommended that you wet the filter first).

Aeropress Results: The AeroPress, like a pourover or Moka pot, makes only one cup at a time, but it's one superb cup. It's dark, smooth, and rich with very little bitterness. (Because brewing happens so quickly, there's no time for any undesirable elements to be extracted.) It's fast, cleanup is easy, and you can pretty much use it anywhere—which is why it's a favorite among camping enthusiasts. The only drawback I can see is the need to buy specialty filters. For coffee this good, it's worth it.

Final Thoughts

Learning how to better my brew was an eye-opening experience, and not just because of the combined caffeine of six-plus cups of coffee. It's good to know that Italian café-level quality isn't out of reach for a home brewer, if that's what you're going for, and that there are choices that fit every lifestyle and need, from the six-cup-a-day family to the guy or gal who just wants a halfway-decent grab-and-go option. Like me, your coffee needs will probably change over your lifetime, and now you know how to get the maximum flavor out of any brewing method. And once you have good coffee, everything else is pretty much cake.

PLEASE DON'T FLUSH

Tampons

*(Seriously, no pads
or applicators either)*

WIPES

Cotton Balls

Tissues

Hair

Q-tips

Food

Paper Towels

CONDOMS



**OUR SEPTIC TANK AND
CLEANING SPECIALIST
THANK YOU!**