

The Descending Pour

A temperature-descending pour over: bloom and first pour hot, second pour cool. A Barista Life method, published July 2026. Ratio 1:16 by weight; example dose 22g coffee to 352g water, medium grind.

The timeline (22g example)

Time	Step	Water	Temp
0:00	Bloom, swirl gently	44g (2x dose)	~96C hot
0:45	First pour, slow spirals	to 210g (60%)	~96C hot
1:15	Rest: kettle lid off, bed draws down	none	dropping
2:00	Second pour, gentle spirals	to 352g total	88-90C cool
2:30	Drawdown, hands off, flat bed	none	
~3:15	Done. Swirl, sip, compare.		

Scale it

Dose	Bloom	First pour to	Total water
15g (one cup)	30g	145g	240g
22g (big mug)	44g	210g	352g
30g (two cups)	60g	290g	480g

Two ways to drop the temp. Rest the kettle lid off for 60 to 90 seconds while the bed draws down (fastest with little water left in it), or add roughly one part room-temperature water to nine parts hot: that lands a 96C kettle near 88C. A variable-temp kettle just gets set to 88. Check yours with a thermometer once; after that it repeats.

Why the temperature descends

Stage	What it is designed to do
Hot start	Acids and aromatics dissolve out of coffee first. Hot water on the freshest bed develops brightness and aroma early.
Middle	Sugars and body follow. By the second pour most of what is left in the bed extracts slowly.
Cool finish	Bitter compounds extract last and keep extracting late. Cooler water slows that late pull while the sweetness already in the cup stays.

Ground rules

Rule	Why
Pour center-out, never down the paper	Wall water bypasses the coffee
Keep the bed flat, gentle swirl	Even bed, even extraction
Change one thing at a time	Sour = grind finer, bitter = coarser, still applies

Judge it honestly. Brew your standard single-temp pour and this one back to back, same beans, same grind, same ratio. If the descending cup is not sweeter and cleaner at the finish for you, keep your standard. Tell us either way at baristalife.co/pages/reader-setups.

Both temps sit inside the accepted brewing window (roughly 90 to 96C); this method just spends the hot end early and the cool end late instead of averaging the middle.