

How to make great espresso

This is the one method of making coffee that borders on being an art form. The better the machine you have (yes, often the more expensive) the better result you will achieve. In my opinion you are better serving great Stove Top Espresso or Plunger than bad Espresso.

So how do you master the art of making the best tasting Espresso cup after cup? Simple, follow our 4 step guide. Put your heart and soul into the process and you will be the equal of any professional barista.

TROUBLE SHOOTING

Thin and dirty tasting coffee

Your grind setting is too fine or it's too tightly packed. The water is struggling to flow through the coffee. The resulting coffee tastes dirty and is overly dark. This is known as over extracted coffee.

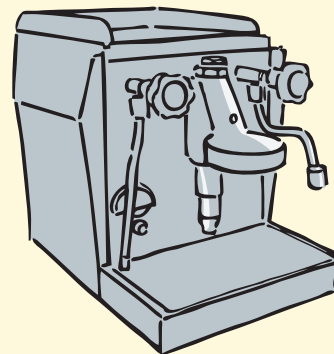
To fix it, make your grind setting more coarse, so you extract 50/60ml of coffee over the 25 to 30 second time frame.

Sharp and metallic tasting coffee

Your grind setting is too coarse or it's too loosely packed. The water is flowing through too fast.

The resulting coffee looks thin with little or no crema. This is under extracted coffee with a sharp, metallic taste. To fix it, make your grind setting finer – remember 50/60ml over 25 to 30 seconds. A dirty machine will always lead to poor results.

Your Espresso machine needs to be **CLEAN, VERY, VERY CLEAN**. Use filtered water if you can and fresh water if you can't. Use a conical burr grinder and grind your coffee really fresh ie; just seconds prior to use. If your beans are getting old throw them out and buy a fresh batch. Buy and use a professional quality tamp.



1

Fill the handle of the machine with your freshly ground coffee to within 3mm of the top of the basket. Use a **FIRM** tamp, by firm I mean a decent push but no more than that. The tamp pressure must be the same, cup after cup. Along with the grind setting, this controls the rate at which the water flows through the ground coffee. **THIS IS THE SECRET TO GREAT ESPRESSO.**



2

Fit the coffee filled handle to the machine and start the extraction process. The time of the extraction (the pour) should be no more than 25 to 30 seconds before you turn the machine off. You're looking for a good heavy, viscous pour, we call it a mouse tail.



3

Now you should have 50 to 60 ML of fine dark, oily espresso. **PERFECT.** Remember that 50 to 60 ml is the maximum amount of your extraction, from this point on there is no flavour left in the ground coffee. For milk based coffee, simply add the hot milk to the desired amount, or for a long black add hot water.



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