

How to make great espresso coffee

These elements combine to make a good cup of espresso. If any single element is not correct, the flavour of the espresso will be affected.

1. The Beans

The region in which the coffee beans are grown, the type (i.e. Arabica or Robusta) and quality of the coffee bean used can vary the taste significantly.

Never store the beans in the freezer or refrigerator.

2. The Roast

When the beans are roasted, the amount of time they are roasted for will impact on flavour. A light roast is more acidic while a darker roast is sweeter.

3. Freshness

The freshness of the coffee beans is extremely important for the quality of the taste and the amount of crema you are able to extract.

4. The Grind

The beans must be ground correctly to enable the coffee to be tamped into the group head properly — usually to a consistency that resembles fine sand.

5. Tamping

The ground coffee must be tamped into the group head firmly. Water running through the coffee should neither gush, nor drip, but flow in a small regulated stream. Too quickly and the coffee will be weak and tasteless, too slowly and the coffee will be very bitter.

6. Water

A standard shot of coffee uses 30 ml of water — any more and the coffee will be bitter. To add more water, add it before you create the shot of espresso. Don't extend the amount of water running through the coffee. **NEVER** use boiling water on coffee as it will burn. Water temperature should be between 90° and 95°.

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Winner

2008 Golden Bean National Roasting Championships.

Silver Medal - Mopoke Blend - Milk Based Coffee.

Bronze Medal - Tiger Mountain - Espresso.

Bronze Medal - Carool Mountain Estate - Australian Coffee.

2009/10 Golden Bean National Roasting Championships.

Bronze Medal - Mopoke Blend - Milk Based Coffee

Bronze Medal - Carool Mountain Estate - Australian Coffee.



217 Sturt Street, Ballarat 3350
p: (03) 5334 4449 f: (03) 5334 4580
e: sales@thebeanbarn.com.au w: www.thebeanbarn.com.au