



ESPRESSO POURING GUIDE



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WELCOME

Achieving the perfect espresso shot is a fine balance of science and artistry.

As a barista, mastering the process of dialling in a grinder is crucial to consistently produce exceptional espresso.

This guide provides a concise guide to help baristas understand the steps involved in calibrating a grinder for optimum espresso extraction.



Start with a Clean Slate

Ensure the grinder and espresso machine are clean and free from any residue. Make sure both are cleaned daily and purge the grinder to eliminate any old coffee grounds.

Understand the Variables

Before diving into dialling in the grinder, it's essential to grasp the variables that influence espresso extraction:

- Coffee freshness and quality. We always supply coffee 1-2 weeks after roasting and it should be used in 1-2 weeks from purchase date. It also should be stored in a cool place.
- Grind size. Dialling in the grinder is almost always the problem, more on that below.
- Dose (amount of coffee used). This is also part of dialling in the grinder, more on this below.
- Tamp pressure. Spread the coffee out over the portafilter, tamp firmly and evenly.
- Brew time. This is set on the machine, we can help dial this in if necessary.
- Water quality and temperature. Temp should be dialled in by the machine when it's commissioned, and water filters should be replaced regularly (we help with this if it's our equipment).

WHAT TO LOOK FOR

BAD ESPRESSO POUR

- Pours too fast - gushes out, pour time 10-15 seconds
- Pours too slow - drips out, 30+ seconds.
- Thin texture, no or thin layer of crema.
- Blonding - Shot starts to go blonde towards the end of the pour. This is a sign of over-extraction.
- Customers complain of coffee being too weak or too strong or harsh.



GOOD ESPRESSO POUR

- Might drip at first but will ultimately stream out in a thin 'mouse tail' shape at a steady rate.
- The crema, the golden foam that forms on top of the espresso, should be thick "tiger-skin" appearance, creamy, and velvety.
- The ideal extraction time is usually within 25 to 35 seconds.
- Customers tell you on how great the coffee is!



STEP 1 - RECIPE

STEP 1 - UNDERSTAND THE RECIPE

Your recipe AKA Brew Ratio is the relationship between how many grams of ground coffee used and how much extracted espresso is yielded measured in grams or mls. (We prefer Grams)

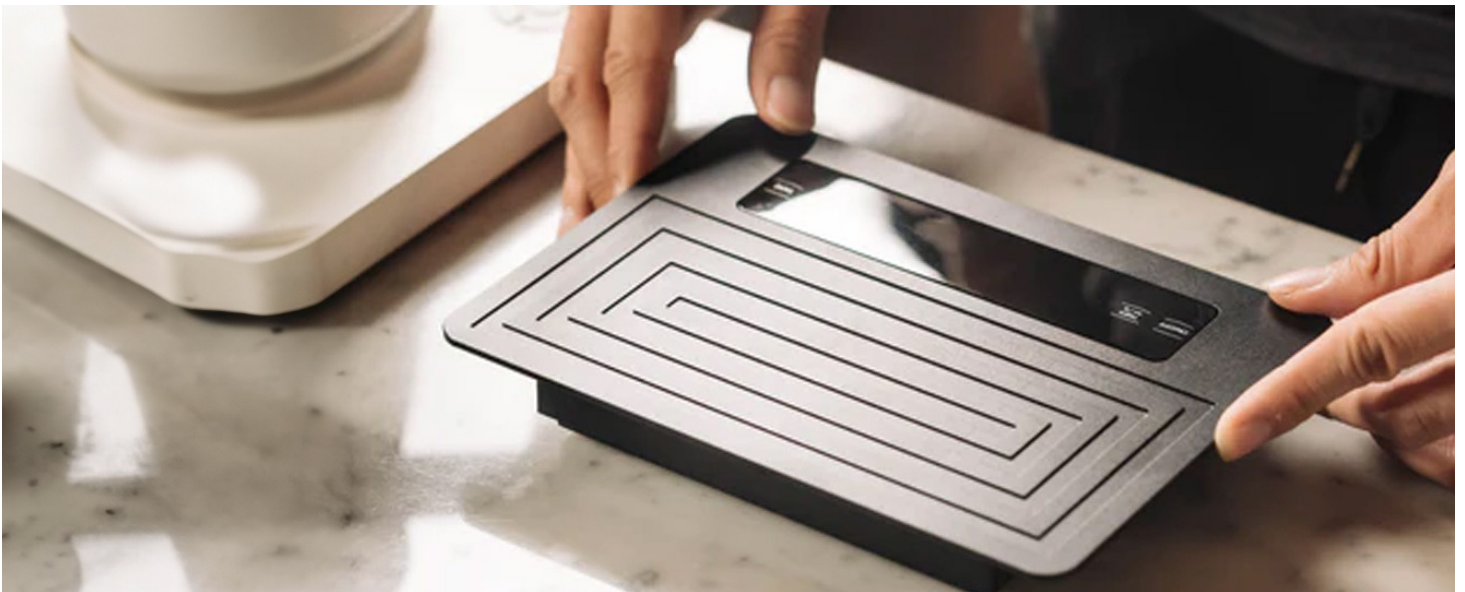
Each one of our coffee blends has its own recipe designed by us to highlight that particular blends sweet spot. However, you ultimately have creative licence to adjust the recipe to suit yours and your customers taste preferences. The important thing is to know what your recipe is, and to stick with it for consistency.

A common Brew Ratio is 1:2. Which simply means double the amount of extracted espresso to how many grams of ground coffee used. For example a brew ratio of 1:2 could be 20gms of ground coffee = 40gms extracted espresso.

If you are using our recipe then please refer to the recipe at the end of this guide.

Coastal blend for example is:

- In: 23 gms
- Out: 42gms
- Time: 28-32 seconds



HAVING A SCALE IS ESSENTIAL - WE RECOMMEND THE ARTISAN BARISTA COFFEE SCALE

STEP 2 - GRIND

STEP 2 - ADJUSTING GRIND SIZE

Getting the grind right is the trickiest and most important part of making a great coffee. Grinders need to be adjusted regularly. Weather, amount of shots poured, age of coffee, and many other factors can influence what grind is needed to pour the perfect espresso. Grinders should be dialled in every morning and throughout the day if the espresso isn't pouring properly. Expect that each time you adjust, it will take a few shots to get it right.

- Place your portafilter onto your scale and tare to 0.
- Grind coffee into your portafilter basket and place back on scale to check weight is accurate. The target weight will be provided by your roaster and is specific to the bean you are using. For example, if you're using our Coastal blend the weight should be 23g.
- Put your cup on the scale and tare to 0. Place underneath the portafilter.
- Start your shot and timer.
- Take note of the time your shot poured in. This should be somewhere between 26 - 30 seconds.
- If your shot poured too quickly, the grind size is too coarse. Adjust the grind finer and repeat the steps.
- If your shot poured too slowly, the grind size is too fine. Adjust the grind coarser and repeat the steps.

Only ever make grind adjustments when the grinder is actually grinding. Making adjustments when the burrs aren't moving can result in beans getting stuck between the burrs and jamming the grinder. It can also result in the adjustment not actually adjusting the burrs as beans between the burrs are acting as resistance.



STEP 3 - DOSING

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There are two main kinds of coffee grinders used for espresso. 'Traditional' and 'On Demand'.

Traditional Grinders have a large dosing chamber where coffee can be pre-ground into. The barista uses a lever mechanism to manually dose the coffee into their portafilter basket. This requires a specific approach, and baristas using these types of grinders should be trained for this method.

On Demand Grinders have programmable dosing buttons that will grind and dose a specific amount of coffee. The buttons are programmed in seconds and each grinder make and model will have its own method for how to go about this.

If we supply your grinder, then please refer to the information at the end of this guide provided specifically for your grinder.

The programmed dose has a direct relationship with the grind particle size and needs to be adjusted at the same time the grind is adjusted.

For instance, if the dose button on your grinder is currently programmed for 4 seconds and you adjust the grinder finer. You will in turn grind less coffee in the 4 seconds than you did previously. The reason for this is adjusting the grinder finer brings the grinder blades closer together, and therefore less coffee comes through in the same amount of time.

Likewise, if you adjust the grind coarser you will in turn grind more coffee in the 4 seconds.

Therefore adjusting the grind finer results in needing to add more time to the programmed dose on your grinder. And the opposite is true, adjusting the grind coarser results in needing to shorten the length of time on your programmed dose.



STEP 4 - TAMPING

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The amount of pressure applied for correct tamping should be roughly 30lbs or 14kg's. This is difficult to accurately measure when manually tamping. Applying less than 10kgs of pressure will result in a noticeably poor extraction. Whilst applying greater than 20kgs of pressure will make very little difference. Rather than focusing too much on this, the goal is to focus on consistency.

Having a consistent method for tamping is the key.

1. Rest the base of your portafilter on the tamping mat. Do this in a way that the portafilter is stable.
2. Distribute the coffee evenly in your portafilter basket.
3. Hold your tamp level and apply firm and even pressure across the coffee bed.
4. Ensure you have an even flat bed of tamped coffee.
5. Wipe away any loose grounds from the rim and edge of your portafilter.

Eliminating inconsistency with tamping allows the barista greater control of espresso extraction and grinder adjustment.

Keep in mind, if different baristas are working the shift, different approaches to tamping can impact the pour. This can be eliminated by a Puq Press, or by all barista's having the same general approach to tamping.



STEP 5 - POUR TIME

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Your espresso should pour in 27 - 33 seconds and the yield should match the recipe. To check your yield is correct, simply weigh your espresso shot (tare the cup first). If the yield is wrong, then your espresso machine may need to be reprogrammed. If you are unsure how to do this, we can help, just send us a message or give us a call and we'll come take a look.

CONCLUSION

Dialling in a grinder for the perfect espresso shot is a skill that requires practice, patience, and attention to detail. By understanding the variables and following a systematic approach, baristas can consistently produce exceptional espresso that delights customers and showcases the artistry of coffee craft.

EAST COAST ROAST POURING RECIPES

Coastal

In: 23 gms

Out: 42gms

Time: 28-32 seconds

Hinterland

In: 23 gms

Out: 42gms

Time: 28-32 seconds

Costa D'oro

In: 23 gms

Out: 42gms

Time: 28-32 seconds

Jungle Bean

In: 23 gms

Out: 42gms

Time: 28-32 seconds

Photos by Bloss and Tabitha Turner from Unsplash.

GRINDER PROGRAMMING

PROGRAMMING DOSE TIME FOR ON-DEMAND GRINDERS

COMPAK

- Select the dose button you would like to adjust (Either 1,2, or 3) and then immediately press 'OK'.
- The screen should now be flashing the time in seconds.
- Use the 1 button to subtract time or the 3 button to add time.
- Press "OK" to complete.

MYTHOS

- Use the star * button to swap between dose. Either Dose 1 or Dose 2.
- Use the < and > buttons to either add time or subtract time.
- Tip - Use Dose 1 as your main recipe button and use Dose 2 for quick bursts to add coffee to your portafilter when Dose 1 short changes you.

MACAP

- Hold down the round silver button until it enters programming mode.
- Once you're in programming mode, use the round silver button as a dial to scroll between dosing programs.
- When you get to the program you want to change press the round silver button.
- It should now be highlighted or flashing. Use the round button as a dial to either subtract time or add time.
- Press the round silver button to confirm change.
- Scroll to the exit screen and press the button to exit.

If you have any questions, contact us here at East Coast Roast.

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