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Beginner lessons for Espresso

Mastering Espresso: Your Beginner's Guide to Perfect Brews

DEFINITION

Espresso is a concentrated coffee brewed by forcing hot water through finely-ground coffee. It serves as the base for many coffee drinks and is known for its rich flavor and creamy texture.

KEY CONCEPTS

Coffee Grind Size

The grind size for espresso should be fine, resembling table salt, to ensure proper extraction.

Brew Time

A typical espresso shot should brew for about 25-30 seconds to achieve optimal flavor.

Espresso Ratio

A common espresso ratio is 1:2, meaning one part coffee to two parts water for balanced flavor.

Tamping Technique

Tamping involves pressing the coffee grounds evenly in the portafilter to create resistance for the water.

Water Temperature

The ideal water temperature for brewing espresso is between 190°F to 205°F for best extraction.

EXAMPLES

- Use a fine grind for your espresso.
- Tamp the coffee grounds evenly before brewing.
- Aim for a brew time of 25 seconds.

MEMORY TIPS

- ★ Remember 'GTT' for Grind, Tamp, Time.
- ★ Think 'Hot Water, Fine Coffee' for temperature and grind size.
- ★ Use '1:2 Ratio' to recall coffee to water proportions.

COMMON MISTAKES

- ✗ Using too coarse a grind, leading to weak espresso.
- ✗ Not tamping evenly, causing uneven extraction.
- ✗ Brewing for too long or too short, affecting flavor.

QUICK RECAP

Espresso is a concentrated coffee made with fine grounds and specific brewing techniques. Focus on grind size, tamping, and brew time for the best results.