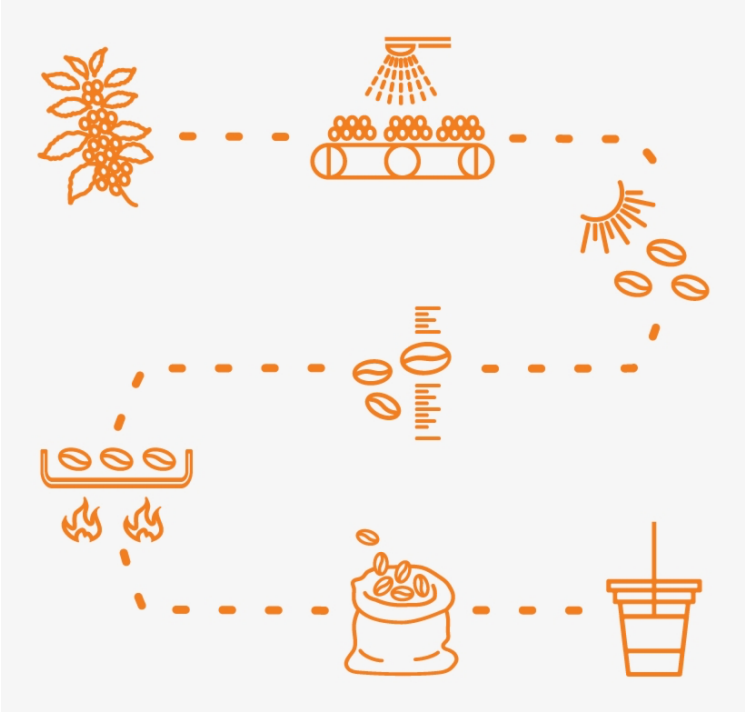
ESPRESSO

BASIC COFFEE INFO

1. What is being a barista?
    a. Farm -> roaster -> barista



    b. Communication
2. History: Luigi Bezzera was the first person to discover espresso. He wanted to find a way to make a great cup of coffee as fast as possible. Adding coffee grinds to water did not absorb enough flavor from the beans for it to taste good. It was found that grinding the beans very finely and exerting steam pressure onto the grinds created exactly what he was looking for. Espresso, meaning “express” in Italian, was exactly as it sounds – an express cup of coffee.
3. **Coffee is extraction**. We are adding a solute to a solvent and separating the left over solution. In espresso, there is little margin of error when it comes to espresso; it can

be effected by a small change in the grinds put in, the weather outside, the amount of pressure put onto the puck, etc.

4. **Dose:** The amount of ground coffee initially
5. **Yield:** The amount of liquid coffee at the end

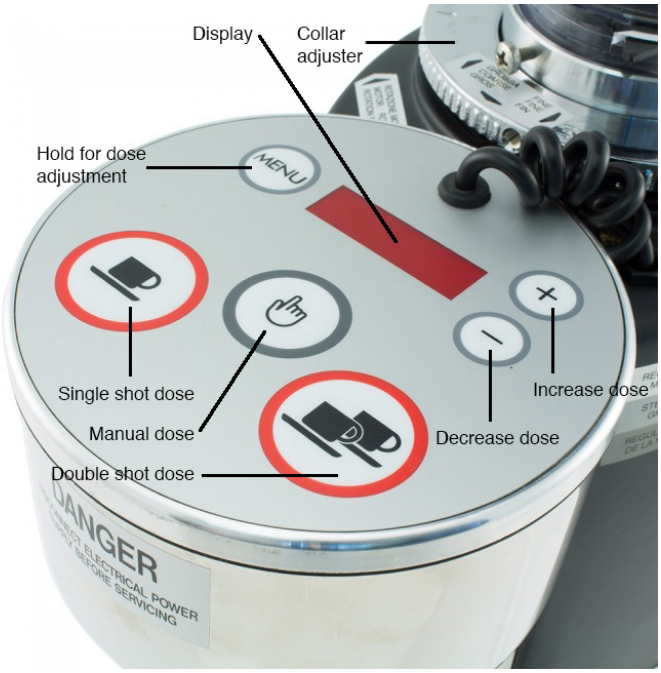
NUMBERS TO REMEMBER

1. Espresso machine pressure: 9 bars
2. Recipe for Xanadu's Neon Espresso
    a. **Dose: 19.5g** (18g–20g)
    b. Yield: 40g (30g–40g)
        i. Some common dose to yield ratios for espressos include:
            1. 1:1.5
            2. 1:2
        ii. For the Neon Espresso Blend, we typically use a ratio of about 1:2
    c. **Time: 24 seconds +/- 3s**
        i. The time it takes to pull a shot of espresso in general commonly ranges from about 20–40s
3. ALWAYS use a scale to ensure consistency and maintain professionalism. You're like a scientist in a lab – the recipes are important so things don't explode. Since it is just coffee, though, feel free to experiment, but respect the set recipes on shift for quality assurance and inventory purposes.

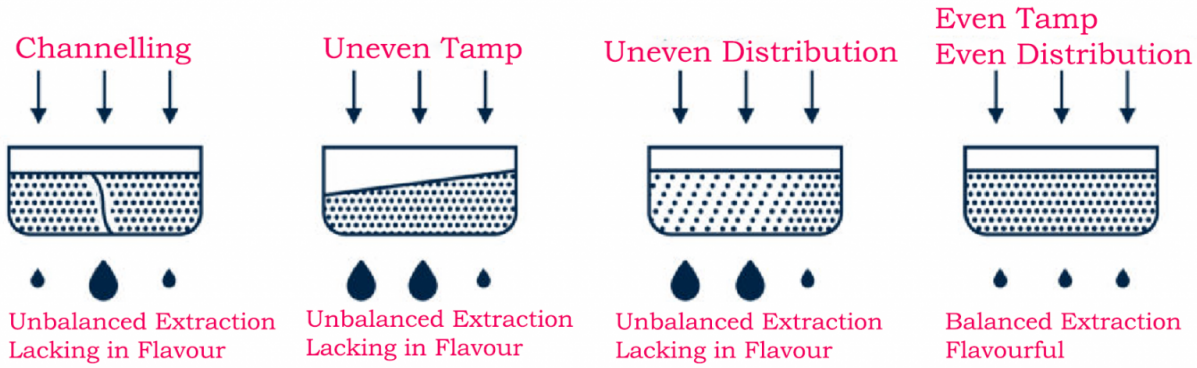
4. Parts of the espresso machine

a.

5. Grinder



6. Grind size
    a. Finer ------- coarser
    b. 0 1 2 3 4 5 6 7 8 9 10
    c. The finer the grinds, the more surface area of grinds can be touched by water, so more coffee and be extracted. In addition, the time it takes for water to filter through the grinds will be higher.
    d. The coarser the grinds, the less surface area of the grinds are available to be touched by water, so less coffee will be extracted. In addition, the time it takes for water to filter through the grinds will be less.
7. Tamper
    a. Handheld tamping: Ensure that all grinds are evenly distributed in the basket. You will want to line the tamper **parallel to the ground** and push down firmly into the grinds to create a dry puck. The pressure pushed down onto the grinds should be around 30 pounds of pressure.
    b. Automatic tamping: Evenly distribute grinds in the portafilter. Make sure your automatic tamper is set to 30 pounds of pressure. Insert portafilter and wait for machine to finish tamping before removing.



ESPRESSO

8. Parts of an espresso shot
    a. There are three layers to an espresso shot (from top to bottom): Crema, body, and heart

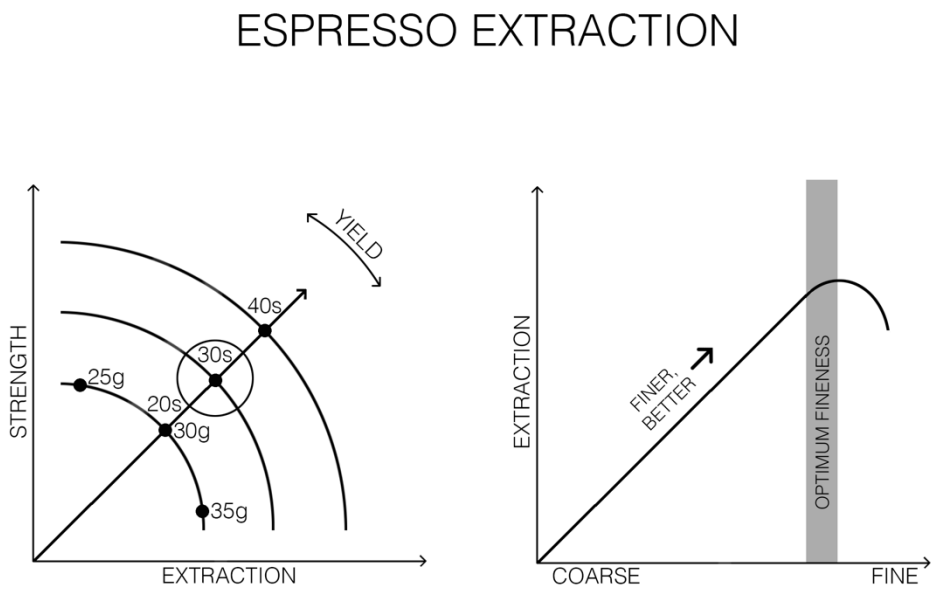
Flavor tasting!

Crema:

Body:

Heart:

9. Espresso extraction



CLEANING THE MACHINE

1. General tidiness
    a. Cleaning your espresso machine is important to the health of the machine and also the health of the consumer.
    b. The espresso machine should have two towels on it – one is your milk towel and one is your bar towel. The milk towel should ONLY be used on the steam wand and to wipe up milk spills on cups. The bar towel can be used for the espresso machine and surrounding areas.
    c. Using the bar towel, the espresso machine should be kept clean on the surface during the shift. Clean up grinds, milk, and water spills on and around the machine. Use a microfiber cloth to clean the delicate parts of the machine, such as any metal parts.
2. Backflushing
    a. With water running through the grouphead, brush the surface of your dispersion screen and brush the gasket surrounding it. Pat dry with a towel.
    b. Unscrew your screen and put the screw in a very safe place.
    c. Soak your screen, portafilter, and basket in hot water with one scoop of Cafiza. Be sure not to get the portafilter handle wet. (If you are cleaning in between shifts in the afternoon, we simply wipe these clean with a damp towel.)
    d. Wipe the heat insulator behind the screen and reinsert your screen with the screw.

e. Take your blind portafilter, put one flat scoop of Cafiza in it, add a little water, and lock it into the group. In between shifts, don’t use Cafiza.
f. If your espresso machine **does** have a control panel, find the backflush setting for the grouphead you are cleaning and press start. Engage that grouphead, letting the machine backflush until the numbers on the display come to a stop.
    i. If your espresso machine **does not** have a control panel, hold the manual shot button for 10 seconds, and then turn it off for 10 seconds. Repeat this process 5 times.
g. Take out your blind and rinse the grouphead, inserting and removing the blind from the group until there is no white, Cafiza-ridden water.
h. Repeat the backflush with just water.
i. **NEVER BEGIN BACKFLUSH WITHOUT REPLACING THE CLEAN SCREEN BACK INTO THE GROUPHEAD**