

Espresso Brew Guide.

Understanding Espresso Recipes (DOSE, YIELD + TIME)

DOSE: The amount of ground coffee in the portafilter. The basket size determines how much coffee should be used. If you're using a 20g basket, use a 20g dose. If you're using a 17g basket, use a 17g dose.

— Set the portafilter on a gram scale and tare it. Dose coffee into the portafilter and weigh the dose by setting the portafilter back on the scale. Adjust the dose as needed from there.

YIELD: The amount of liquid espresso in the final cup. This can be measured in mass or volume, and is 2.2-2.6x larger than the dose.

— **If measuring in volume:** The shot should be no larger than 2oz.

— **If measuring in mass:** Tare out the shot cup on the scale, pull the shot into cup, and set the cup back on the scale. The shot should be no more than 55g. Aim for 40-55g yield.

SHOT TIME: The amount of time it takes for the water to pass through the grounds. The shot time starts as soon as the machine is engaged.

— The grind size determines the shot time. If the grind size is too fine, the shot will pull longer than the target shot time. If the grind size is too coarse, the shot will pull faster than the target shot time.

— Find the grind size that produces a 2oz shot at the target shot time.

Espresso Recipes

COMMERCIAL	20g dose
	2oz (48g) yield
	25s shot time
HOME	17g dose
	1.5oz (40g) yield
	24s shot time

Distribution Technique

Using the side of your pointer finger, push the mound of coffee around the circumference of the basket until all cracks, gaps, and spaces are filled with coffee. The bed will appear flat and evenly distributed.



Push the middle mound of coffee into one side of the portafilter.



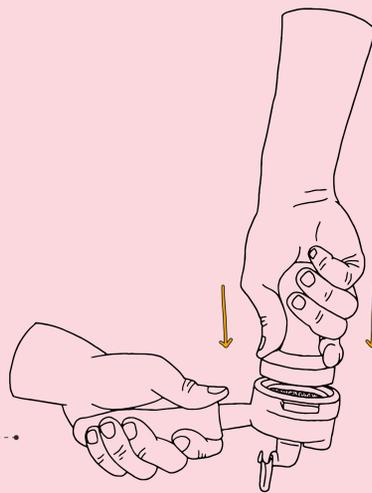
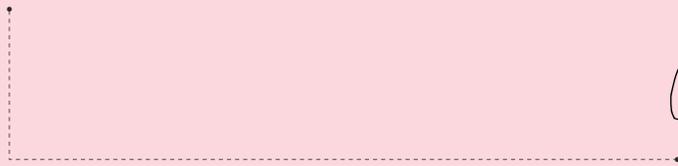
Push the mound around the circumference of the portafilter.



Continue circling the mound around the portafilter until all gaps and spaces are filled with coffee.

Tamping Technique

Hold the tamp handle like a doorknob. Stand perpendicular to the counter and push through your fingers into the base of tamp to compress the bed. Tamp until the grounds are packed, but no extra. Gently remove the tamp straight out of the portafilter.



Shot Pulling Process

1. Remove portafilter, rinse grouphead, wipe basket dry.

2. Dose coffee and weigh. Fix the dose if needed.

3. Distribute coffee by hand or with distribution tool.

5. Wipe grounds off portafilter fork.

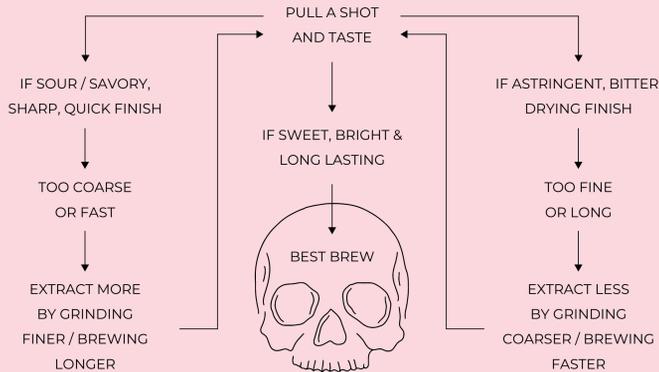
4. Place tamp flat, compress, and gently remove the tamp.

6. Insert portafilter and brew immediately. Time the shot.

7. Stop the shot at 2oz (50g) yield. Remove portafilter, rinse group head, knock out the puck, and wipe basket dry.



Dial - In Guide



Espresso Q&A

1. I DON'T HAVE A SCALE. HOW DO I KNOW IF I'M USING THE CORRECT AMOUNT OF COFFEE?

Before tamping, the dose should be mounded up well above the top of the basket. After tamping, there should be about 1/4" gap from the surface of the coffee to the top of the basket.

2. HOW HARD SHOULD I TAMP?

Not hard. Just continue to tamp until it feels like your pressing on a table. Once the coffee resists you, you're done! Any extra force won't compact the bed anymore than it is. Leaning into the bed with your body weight should be plenty of force to perfectly tamp the grounds.

3. MY ESPRESSO TASTES WATERY. WHAT IS WRONG?

There are two possible scenarios. The grind is either too fine or too coarse. If your grinder is set to nearly the finest setting, water is breaking channels through the bed and avoiding the grounds, resulting in a watered-down shot. If the grinder is set pretty coarse, the water will rush through the bed and hardly extract the grounds. A good grind size, along with proper distribution and tamping, should result in a viscous shot with lots of crema.

4. DOES ESPRESSO DIE?

Not after 10s! Allowing espresso to cool by letting it sit or stirring it will help you taste more of what's going on. If the crema dissipates, don't worry! That stuff doesn't taste great anyway. Leaving espresso out for 10 minutes, though, might not taste great.

5. WHAT IS CREMA?

The top layer of foam on the espresso. This foam is made up of CO2 and oils and is a by-product of putting grounds under immense pressure. Good crema is a sign of a good shot.

6. HOW DO I CLEAN MY ESPRESSO MACHINE?

Cleanliness is important for the life and longevity of your machine. We recommend taking the portafilter and basket apart, and cleaning it with dish soap, hot water, and a sponge. Backflush your grouphead at least 2 times a week or daily, depending on how often you make coffee. To backflush, pop the hole-less screen into the portafilter, lock it into the grouphead, and run five 10s-long brew cycles. Wipe down the rest of the machine with a damp rag. Never spray cleaners directly onto the equipment. For more guidance, email us or check out your machine's manual!

7. WHAT'S THE BEST HOME ESPRESSO MACHINE?

We love Breville home machines. There are many options, though, depending on your budget. For extra guidance in purchasing a machine, contact info@onyxcoffeelab.com.

8. WHY DOES THIS COFFEE TASTE SO GOOD?!

Coffee is extremely complex. It holds within itself many flavor components that water is responsible for pulling out. The first thing extracted from the coffee are acids and salts (first 1/3 of the brew time). The second thing extracted are the sugars. These are extracted throughout the last 2/3 of the brew time. The final thing extracted are bitter agents, removed at the very end of the brew. A brew that is too short will taste sour. A brew that lasts too long will taste bitter. A brew that is perfectly made should be very sweet and pleasant. Play with the grind size and brew time to find the sweet spot!