



*Cream colour: "Monk's robe"*  
*Taste: Rich aroma, full, velvety and smooth texture, slightly acidic, no bitter after-taste and lingering flavour*

1	MAKE A PERFECT ESPRESSO
2	COFFEE / GRINDER SETTING
3	WATER TREATMENT / MAINTENANCE



**1 The espresso machine** It is the very essence of all the efforts made in the field of coffee. The precision in the design and in the making of a coffee machine as well as the relevance of the adjustments play an essential role in making an espresso.

1. Pump pressure: Measured with a load at the brewhead outlet 9 bars
2. Temperature of the water injected through ground coffee: 88°C ± 2°C
  - Beyond this temperature: The coffee is said to be "burnt" – burnt odour and taste – bitterness – dark burnt cream which disappears almost instantly – presence of bubbles
  - Below this temperature: The coffee is said to be "under-brewed" – coffee is bland, tasteless and does not linger – pale cream not thick enough



**2 The water** Water is the main constituent of coffee. For this reason, due weightage should be given to this ingredient. Scaling occurs due to the presence of calcium and magnesium ions which crystallise under the catalytic effect of heat. There exists a specific test for detecting the presence of calcium and magnesium bicarbonates contained in water. These tests determine the "water temporary hardness factor" or "KH".

Effective treatment of water should preserve its mineral qualities for the coffee to be tasty and easily digestible. This treatment also considerably reduces maintenance and operational costs.



**3 The coffee** Roasters select the origin (producing countries) and varieties (Arabica, Robusta) of coffees in order to ensure consistent blend quality. Roasting techniques have a direct effect on the taste of the coffee:

- light roasted coffee: more acidity, less bitterness.
- dark roasted coffee: less acidity, more bitterness.

The coffee is then packaged in a way as to stop it being oxidised by the air.



**4 The coffee grinder** Coffee grinder is of fundamental importance for making a good cup of espresso. It is an indispensable tool accompanying the coffee machine. It determines the quality of the grind. Coffee should be of fine and uniform grind so that the average flow time for 2 cups of espresso is 25 to 30 seconds.

- If the grind is too fine (flow time more than 35 / 40 seconds for 2 cups),
  - The coffee is said to be over-brewed: Dark unstable foam – coffee too bitter
  - If the grind is too coarse (flow time less than 20 seconds for 2 cups),
    - The coffee is said to be under-brewed: Light-coloured and runny foam – light taste

**5 The Cup** Serving an espresso is an art in itself. It should not be taken lightly. The use of fine crockery which brings out the best of coffee is recommended. Porcelain coffee cups, recommended for serving an espresso, should be stored at 40°C and should be 2 to 3 mm thick, 5 to 6 cm high cups with a maximum diameter of 5 cm and 70 ml capacity. They should not be filled to the brim under any circumstances. (▲ the cloths on the machine raise the temperature of the machine and the cups).

**6 Cleaning** Clean the machine carefully at regular frequencies to make the best coffee day after day. Coffee machine: clean the brewhead, filter holder, steam nozzle and drip tray every day. Clean the grinder, hopper and the dosing container every week.