

# ESPRESSO

Espresso is a brewing method that requires time and practice to produce consistently great results.


Your own espresso grinder is essential to getting the best result, so you can grind fresh for every espresso and adjust grind size. We also recommend using filtered water as this will increase longevity of your machine and you will get the most flavors out of your beans.

- 1.** Use a scale to measure your dose of coffee and brewed liquid.
- 2.** Distribute the coffee evenly to ensure the bed of coffee is flat
- 3.** Tamp down the bed of coffee with 10-15 kg of pressure. Be sure to tamp level. This is more important than the pressure.
- 4.** Adjust your grind size to have the full beverage weight in approximately 27 seconds. Extraction time is controlled by the grind setting, so it is worth experimenting with this. As you grind finer, you increase extraction time.
- 5.** For a more balanced cup, we like to give the espresso a quick stir to mix the layers before drinking. Enjoy!

Recipe:

Dose	19 g coffee for a double espresso
Brew Weight	38 g
Brew Time	27 seconds
Grind setting	Very fine - adjust to brew time
Filter Basket	18 or 20 g VST Basket
Water Temp.	93° C
Water Pressure	7 bars
Water Quality	< 50 ppm CaCO <sup>3</sup>

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