

ESPRESSO BREW GUIDE

Universal Espresso Method for Consistent Results

You Will Need

- Espresso machine
- Burr grinder
- Portafilter & tamper

Step 1: Preheat

Rinse the pin and cup with hot water.

This stabilizes brewing temperature and improves extraction.



Step 2: Grind

Grind coffee fine, similar to table salt.

Use 18–20g (0.63–0.7 oz) for a double shot.



Step 3: Distribute

Evenly distribute coffee in the portafilter.
Avoid gaps or uneven density.



Step 4: Tamp

Tamp straight with firm, even pressure.
A flat surface ensures uniform extraction.



Step 5: Brew

Start brewing immediately after locking in.
Target time: 25–32 seconds.



Step 6: Yield

Final yield: 40–45ml (1.35–1.5 oz) espresso.
Flow should resemble warm honey.



Step 7: Serve

Serve immediately for optimal aroma and crema.
Use as a base for milk drinks if desired.

