

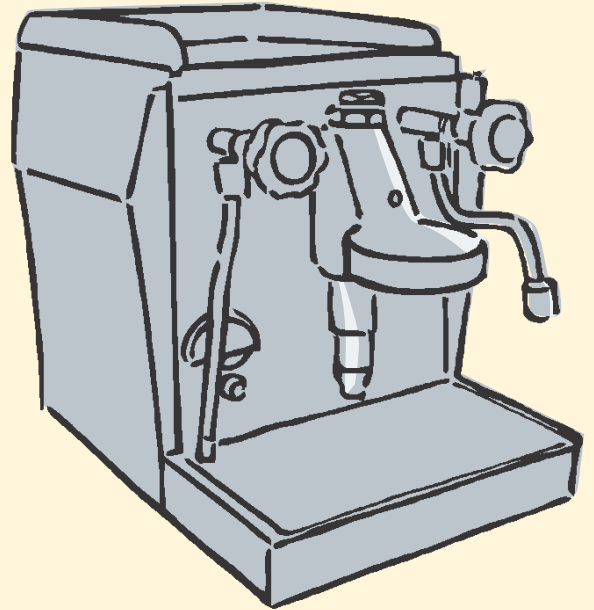
Bay Beans Coffee

*Mastering the Art of Espresso:
The Ultimate Guide to Perfect Coffee*



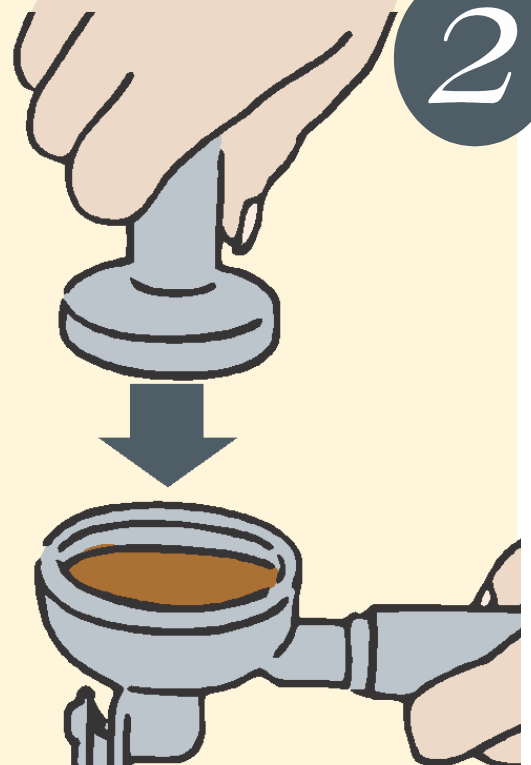
1

Your espresso machine needs to be impeccably clean—absolutely spotless. Whenever possible, use filtered water; if not, ensure the water is fresh. Opt for a conical burr grinder and grind the coffee just seconds before brewing for maximum freshness. If your beans are old, discard them and get a fresh batch. Also, invest in and use a professional-quality tamper for the best results.



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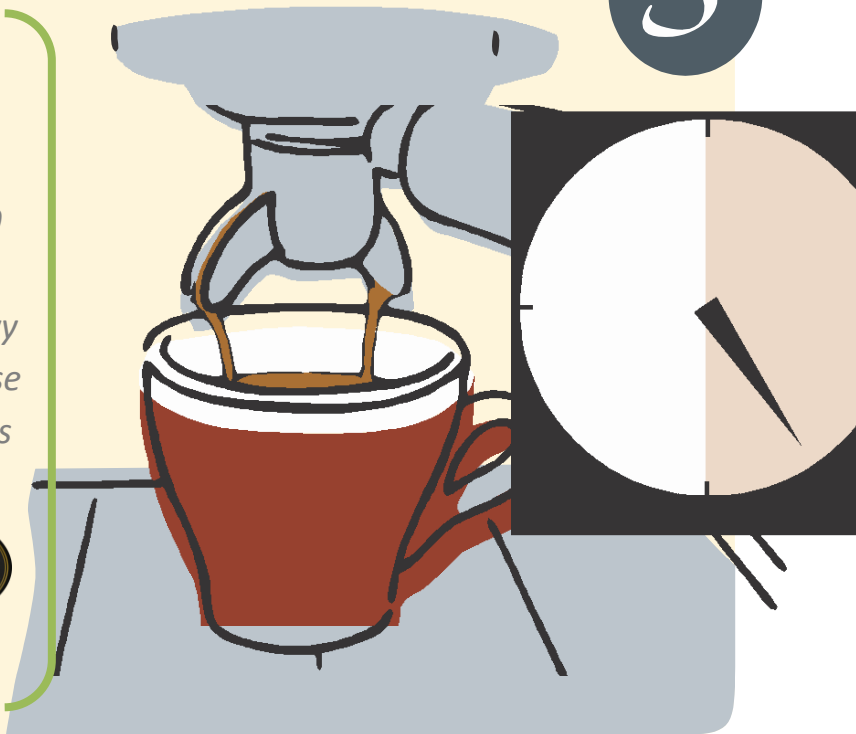
Fill the machine's handle with freshly ground coffee, leaving about 3mm from the top of the basket. Apply a firm tamp—a solid push, but nothing excessive. Consistency is key; the tamping pressure should be the same every time. Along with the grind setting, this determines the flow rate of water through the coffee grounds. This consistency is the secret to brewing a great espresso



3

Attach the coffee-filled handle to the machine and begin the extraction process. The pour should last no more than 25 to 30 seconds before turning the machine off. Aim for a thick, heavy flow, often referred to as a "mouse tail" due to its smooth, continuous appearance.

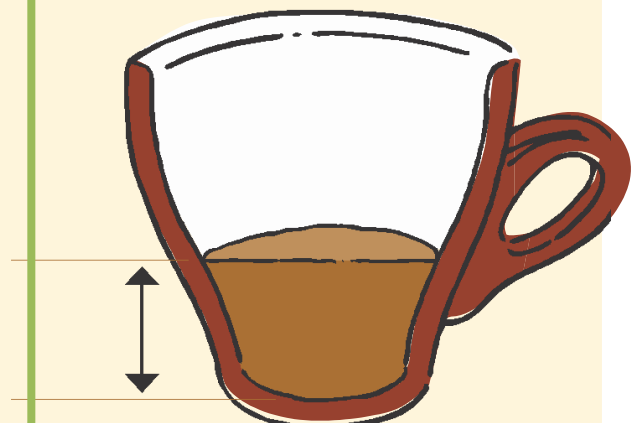
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4

You should now have 50 to 60ml of rich, dark, oily espresso—perfect. Remember, this is the maximum volume you should extract, as there's no more flavor left in the coffee grounds beyond this point. For milk-based drinks, simply add hot milk to your preferred amount, or if you're making a long black, top it up with hot water.

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Troubleshooting hints and tips:

Making espresso is a method of brewing coffee that comes close to being an art form. The quality of the machine plays a big role—the more advanced (and often pricier) it is, the better the results you'll get. In fact, it's better to serve a well-made stovetop espresso or plunger coffee than a poorly brewed espresso. So, how can you consistently craft the perfect cup of espresso? It's simple: follow our four-step guide. Put your passion into each step, and you'll be brewing coffee as expertly as any professional barista.

Thin or dirty tasting coffee?

If your coffee tastes thin and dirty, it's likely due to an overly fine grind or packing the coffee too tightly. This causes the water to struggle as it flows through, resulting in a dark, murky flavor. This issue is known as over-extraction. To correct it, adjust the grind to be more coarse, aiming to extract 50-60ml of coffee within a 25-30 second time frame.

Sharp or metallic tasting coffee?

If your coffee has a sharp, metallic taste, it's likely because the grind is too coarse or the coffee is too loosely packed. This allows the water to flow through too quickly, resulting in a thin appearance with little to no crema. This is called under-extraction. To fix it, adjust the grind to be finer, aiming for 50-60ml of coffee over a 25-30 second period. Also, make sure your machine is clean, as a dirty machine can negatively impact the taste.

Where to buy the freshest coffee?

This one is simple! Thousands of Australians demand the quality of baybeans.com.au