



**BREW
YOUR
BEST**



**with Anna
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FIRST THINGS FIRST

1. Buy good coffee

- you can't make a good cup of coffee with bad coffee

2. Invest in a good grinder

- buy a burr grinder so you get a nice even grind for an even extraction
- or get your coffee ground at a coffee shop or when you order it so that it is fresh. Coffee goes stale faster when it is sitting on the shelf already ground so buying it whole bean and then grinding it is always best

3. Five variables to adjust

- time, temperature, turbulence (tamping), grind size, dose



ESPRESSO

1. Use a fine grind

- think the texture of soil

2. Weigh out approx. 18-19g of ground coffee

- a good goal to work toward is to have double the amount of brewed coffee as your dry dose, so 36-38g of espresso

3. Tamp applying approx. 30lb pressure

- 30lbs is hard to gage, but you are more likely to under-tamp than over tamp
- think even and consistent. Do it the same every time.
- a good test is to flip the portafilter over after tamping to make sure the coffee doesn't fall out



ESPRESSO

4. Flush the machine before pulling the shot

- this clears old grinds and ensures that the group head is warmed up and ready to go

5. Pull Shot - approx. 20-30 seconds

- watch closely as you are pulling your shot -- it is finished when the two streams start wobbling towards each other

6. Taste, trouble shoot and adjust

- If your shot tastes bitter it is over-extracted. Try reducing the amount of grinds, or making them a bit more course
- if your shot tastes sour it is under-extracted. Try adding some grinds, or making them a bit finer
- your shot should be balanced with a beautiful, rich, tan crema



FRENCH PRESS

1. Use a courser grind

- your grind should be the texture of course sea salt

2. Coffee to water ratio - 12:1

-for example, a six cup french press would take a 1/2 cup of ground coffee

3. Let it bloom for 30 seconds

- pour a little bit of hot water over the grids and let it sit for 30 seconds - take a deep breathe, the aroma is to die for! Then pour the ramaining water over the grinds

4. Wait 5 minutes, press and enjoy



POUR OVER

1. Use a fine grind

- your grind should be the texture of sand - same as drip

2. Recommended dose is 1:16

- for example, 22g of coffee to 352-360g water

3. Place filter in cone and wet

- pour a little water over the filter to prep it and remember to remove the pre-rinse water before you start brewing

4. Add coffee, shake and dimple

- press a small dimple in the middle of the grinds for even extraction

5. Pour water slowly, bloom 25-30 seconds, pour remaining coffee slowly, let drip and enjoy



STEAMING MILK

1. Start with a cold pitcher

- preferably stainless steel

2. Fill to just below the inside of the spout

- do not overfill as the milk will expand during aeration

3. Immerse steam wand in milk and froth

- the tip of the steam wand should be fully immersed to start
- add air by pulling the pitcher down until you hear a paper ripping sound
- milk should be spinning in a vortex
- milk should take on the texture and shine of paint
- if you can count to 3 and the pitcher is too hot to touch after 3, the milk is hot enough

****** Don't have an espresso machine with steam wand?
You can froth milk with a french press!**