



roasters of premium 100% australian grown coffee

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Zen and the art of Espresso  
- the steps to serving great coffee from seed to cup -

Espresso Principles : what makes a fine espresso?

3 key elements : the beans / the machines / the barista skills

- beans - quality of blend / freshness
- machine - clean, well serviced machine working at the correct pressure and temperature.  
- clean grinder with sharp blades and set to dose correctly.
- barista skills - crucial to extracting the best pour and ensuring a fine espresso is served.

our focus : Barista Skills Development

3 areas to understand before making espresso coffees - the grind, the pour, and milk frothing.

- 1/ Grinder grind set correctly : check fineness of the grind  
dose set correctly : at 7-8 gms per serve.  
tamp set correctly : to suit grind. Press and twist down for a polished surface.  
check for clean lugs on the group handle before inserting in group head.
- 2/ The Pour length : 1/3 of a cup. 30 - 45 ml max. for an espresso  
Use this espresso length as the basis for ALL coffees.  
time : 20 - 25 seconds  
visual : thick golden orange/brown streaky crema.

The coffee should pour "like honey off the back of a spoon" - not gushing out like water.  
Stop the pour when it starts to look white. i.e before the coffee tastes bitter from over extracting.

There should be a thick, solid crema on top of the black liquid. Little or no crema = bad pour.  
Do not serve a coffee without a fabulous solid, golden crema. Give to staff or save for iced coffees.  
note - the first 2-4 coffees poured for the day are usually not the best - the machine is not hot enough.

Demonstrate - extraction of the pour changing over time using 3-4 glasses.  
- over extraction, e.g long black - too long a pour, or too fine a grind, or over dosed or tamped.  
- under extraction - grind too coarse, stale coffee or under dosed or under tamped.

- 3/ Milk Frothing
  - Select size of jug to suit number of coffees making at one time ( suggest 1 litre medium size)
  - Keep cold in the fridge
  - 1/3rd full only of fresh cold milk
  - refer to milk frothing tips sheet

Demonstrations and practice of espresso drinks  
Practice milk frothing and making different coffees -  
try machiato, espresso doppio, double shot espresso, long black, latte, layering espresso over  
milk or water based drinks, cappuccino, mocha and flat white coffees.

- Grinder - Machine Maintenance & Cleaning  
empty at the end of day, store extra coffee in airtight container.  
Wipe down weekly as oil builds up and goes rancid.  
Check regularly for grinder wear. Grains should be of consistent size.
- Machine - Keep clean at all times! A clean machine = a well functioning machine = untainted coffee  
Wipe down and rinse around the group heads, steam wand and drip tray all day long.  
Back flush anytime with water, using the blind filter basket.  
Nightly backflush with the cleaning powder, using half a teaspoon and flushing until all the dirty  
'backflushed' water turns clear. Then rinse until no residual bubbles are in the blind filter.  
Soak filters and filterholders and removed showerscreens in a jug of hot water with a half  
teaspoon of espresso cleaner - to keep rancid oils from turning black and clogging up the holes.

Summary of the key points to ensure your espresso beans turns into great espresso coffee :

- 1/ Use fresh, filtered (and softened if water is 'hard') water
- 2/ The temperature of the boiler water should be between 100 -130 degrees C
- 3/ The temperature of the espresso as it pours should be between 85-92 degrees C
- 4/ Water pressure should run at 9 bars as the espresso pours.
- 5/ Grind fresh coffee in small doses. Fresh is Best!
- 6/ Dosing measure of the coffee per serve - 6.5- 8 gms
- 7/ Delivery time of the espresso pour : at least 20seconds. 25 - 30seconds is ideal.
- 8/ Serve in a heated cup and do not boil the milk, which scalds the flavour of the espresso.

If the above conditions are followed, then a full bodied coffee with a thick flavoursome crema should result,  
which should be appealing to the eye and rewarding to the tastebuds.

Why is a coffee bitter?

- the beans are over-roasted to an oily, almost black look. (The exposed oils go rancid and stale easily too)
  - the beans are from poor quality origins. Perhaps of robusta type, rather than quality arabica.
  - the coffee is ground too fine, or over dosed or tamped too hard so that the pour just drips out.
  - the espresso is poured too long - past 45ml , where the sweet flavours start to turn into bitterness.
- Bitterness is tasted at the back of the tongue - often experienced as you swallow, leaving a 'bitter taste in the mouth that lasts. We would prefer a sweet lingering flavour that tempts you to have another!

Fresh Fresh Fresh!

We pack freshly roasted beans into cryovac bags and then vacuum pack - removing all air that otherwise leads to stales beans. Then the one way valve allows the fresh - roast gases to escape, whilst no air enters the bag. (That's why the bags soften rather than staying as a brick pack - because they are fresh beans, still degasing!) Please store the unused bags in a cool dry place or in the coolroom or fridge. Opened bags, especially ground coffee, should be stored in an airtight container and refrigerated.

Zentveld's coffees are all 100% Australian locally grown arabica-variety beans.  
The arabica coffee is naturally lower in caffeine, naturally sweet and of such a high quality that the local growers command a world premium price ..... which we happily pay, knowing that they produce the fine tasting coffee without harmful sprays and without exploiting labour - as is the case in most coffee growing nations.

The only foreign bean we roast is the 100% Colombian grown Swiss Water Processed Decaf, as there are no Australian grown beans yet decaffeinated. No harmful, cancer-scare chemicals are used to decaffeinate the beans.