

# Espresso



## CHECKLIST

### *Starting Recipe*

18g coffee in, 36g of espresso out -  
extracted in 27( $\pm$ 3) seconds.

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- Dose 18g of coffee into the portafilter.
- Use your hand to distribute the grounds so that they are flat. Tamp with even pressure around the basket, to avoid channelling (uneven extraction).
- Shots that run too quickly will be *underextracted*, and taste sour. Adjust your grind to be finer to allow the shot to slow down.
- A shot that runs too slowly will be *overextracted*, and taste bitter. Adjust your grind to be coarser to allow the shot to run faster.
- Always ensure that after adjusting your grind, the dose remains the same (18g).
- Each coffee will require a slightly different recipe. Try adjusting dose and extraction time to find what tastes best to you.