

Espresso Extraction Step-by-Step

30 Minute Example

1. **Preheat cup** – your ceramic cups or glassware should be warm before serving to avoid temperature absorption; this step is not practical for take-away cups.
2. **Remove portafilter handle** – twist the handle counterclockwise to disengage the portafilter from the group head.
3. **Wipe and dry portafilter basket** – wipe the basket clean and dry to remove old coffee or oils from the previous extraction. If using water to rinse the basket, always dry with a clean bar towel.
4. **Grind and dose coffee** – grind only as much coffee as can be immediately used; dose into the portafilter basket using the desired dosing method; approximately 7-9 grams per single shot or 14-18 grams per double.
5. **Tamp** – [Leveling Method] Dose espresso into the portafilter basket until just over the rim. Use your finger to evenly scrape coffee off to top, at about the level of the portafilter rim, leaving a small concave surface in tact. Firmly press your coffee tamper into the basket (firm meaning approximately 30-50 psi pressure), leaving a solid and even pack of grounds in the basket. You may choose to gently tap the side of your portafilter with the handle of your tamper to release excess grounds from the side; in doing so, repeat the pressing procedure in order to restore the solid pack. A twist or “polish” is recommended in order to produce a completely even surface.
6. **Wipe excess coffee from basket rim** – Use your fingers to gently wipe any excess grounds from the basket rim or locking “ears.”
7. **Flush group head** – Run a few seconds of water from the group head in order to rinse any remaining used coffee and oils from the group head.
8. **Engage in group head** – Immediately insert the portafilter without delay; turn the portafilter handle until it is tightly secured in place.
9. **Press auto control or manual brew** – extraction; this should produce 1-1.5oz of espresso within an optimal time of 20-30 seconds; any significant deviation from these criteria indicate problems in grinding or tamping, and in some rare instances technical problems with a machine.
10. **Serve or use immediately** – the espresso should be used or served immediately for best results, ideally within 10 seconds – in the event that this timeframe is greatly exceeded, discard the shot and start again.
11. **Disengage, discard grounds** – knock your portafilter into the knock box to release grounds and rinse the portafilter as necessary.
12. **Flush group head** – flush the group head to rinse old coffee and remaining oils.
13. **Repeat or store portafilter** – CLEAN in the group head