

# ESPRESSO BREW GUIDE

## Equipment needed:

Espresso Machine	Scale
Burr Espresso Grinder	Timer
Espresso Tamper	Parable Coffee Co. Stronghold
Dry cloth	Espresso Blend

## Instructions

1. Clean and dry your portafilter.
2. Grind an 18 gram dose into your portafilter to a very fine consistency for a double shot. The ground coffee should be very fine but not powder. You will adjust the grind from here.
3. Weigh your dose to insure a consistent shot.
4. Tamp the shot straight and even with 30lbs pressure and spin your tamper to give it a polish.
5. Purge a few seconds of hot water through your brew head to make you have hot water immediately when you start extraction.
6. Insert the portafilter in the espresso machine and immediately start pulling the shot. Don't forget to start the timer if your machine does not have one built in.
7. Your espresso should start flowing between 4-5 seconds and you will turn off the brew between 25-30 seconds.
8. Your double shot extraction should be somewhere around 36 grams depending on your taste and desired outcome.
9. A good shot will be intense with a nice syrupy body with balanced sweetness and acidity but not bitter. You should also have a nice layer of "crema" on top of your shot.
10. If your espresso flows too slow and tastes bitter and sharp the shot is over-extracted and you need to coarsen your grind. If the espresso flows too fast and tastes watery and weak the shot is under-extracted and you need to fine your grind.
11. Enjoy your shot right away





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