

Espresso

Espresso Facts

- Espresso has $\frac{1}{3}$ less caffeine than drip coffee.
- The ideal brewing temperature for espresso is 190°F to 195°F.
- The serving temperature for espresso (temperature inside the cup) is 160°F.
- The ideal time for brewing 1 shot of espresso is 25-30 seconds.
- Any type of coffee roast can be used to make an espresso; the grind size and preparation are what makes it an espresso.
- Roasted coffee beans start to lose small amounts of flavor within two weeks. Ground coffee begins to lose its flavor in one hour. Brewed coffee and espresso begin to lose flavor within minutes.
- Using the right espresso cup is important. The maximum capacity should be 2 ounces (60 ml) but should only be filled $\frac{2}{3}$ of the way full. If the cups are too large the espresso will cool down too quickly. The cup should also be made of thick porcelain and it is recommended to always preheat the cup before adding the espresso.
- A good espresso should be able to hold a sprinkling of sugar on top of the crema for approximately 30 seconds before it sinks.
- Espresso was first invented in the early 1900s as a way to decrease workers' coffee break time.

Composition of an Espresso Shot

- **Crema:** is the top layer of an espresso shot. The crema is thin and foamy, with a golden-brown and sometimes red color. This thin top layer holds sweet flavor notes as it contains the espresso's concentrated sugars and oils.
- **Body:** is the middle layer of an espresso shot that is typically a caramel-brown color.
- **Heart:** is the very bottom of an espresso shot that should be a deep brown hue. The heart contains the bitterness that provides a balance to the sweetness of the espresso's crema.