



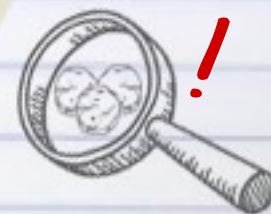
# Coffee 101 | How to Pull a Perfect Espresso Shot

## Step 1: The Grind

The grind texture is a very important aspect of shot quality: If it's too fine, it will result in a slow, over-extracted shot that can taste bitter and burnt.

If it's too coarse it will be a fast, under-extracted shot with a weak and watery consistency and sour notes.

The texture you're looking for is similar to granulated sugar.



14 - 18 grams

## Step 2: The Dose

The dose is the amount of coffee grounds that you put into the portafilter for your shot. The proper dose for a double shot should be between 14 - 18 grams, depending on your espresso machine and personal preference.

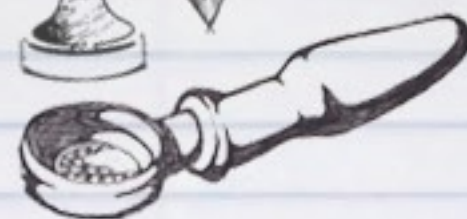


## Step 3: The Tamp

The proper tamp method is to hold your elbow at 90 degrees, rest your portafilter on a level surface and then apply 30 lbs of pressure until the coffee has an even and polished look.



30 pounds pressure



## Step 4: The Pour

Place the portafilter into your machine's brew group and put your preheated cup under it. The volume of water for each shot should be 1 oz., so after your double shot has reached 2 oz., stop the shot.



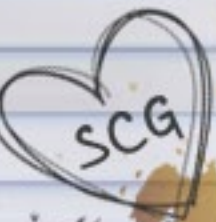
2 ounces = double shot

The brewing time you're looking for is between 20 - 30 seconds, so if you're running too long or too short, check your grind, dose and tamp, then adjust it accordingly.



20 - 30 seconds

You want to create a fine golden crema atop a rich dark brew that tastes sweet and smooth. It's well worth the time to experiment and learn how to pull the perfect shot from your espresso machine; the result will be excellent espresso drinks every time.



Coffee Rocks

