

Blending for Italian Espresso

By

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Workshop Objectives

Attendees will Learn:

- ” 1. The Definition of Espresso.
- ” 2. To Distinguish between Espresso and Brewed Coffee.
- ” 3. How to Blend for Italian Espresso for Body, Color, Crema, Aroma, Taste, and Aftertaste.

Definition of Espresso

Italian Espresso is about an ounce of a dark, smooth, low-acid, heavy-bodied, aromatic, bitter-sweet coffee drink topped by a thick reddish brown foam of tiny bubbles.

Brewed Coffee & Espresso

- “ **Brewed Coffee:** 5 oz of hot water into contact with 9 gms of ground coffee at room pressure. Some portion of ground coffee simply dissolves in the water
- “ **Espresso:** 1 oz of hot water into contact with 9 gms of ground coffee at high pressure. Oils in ground coffee are driven out and made to swim in coffee concentrate

Espresso Extraction

These oils do not mix with water; but under intense pressure, oils are extracted from ground coffee, formed into microscopic droplets, and suspended in the coffee concentrate.

It is this emulsification of the oils that distinguishes an Espresso from strong coffee.

Espresso Superiority

- “ Once oils coat taste buds, one’s ability to detect bitterness is sharply reduced
- “ Brewed coffee has no intrinsic mechanism to capture aroma of coffee; it simply escapes
- “ Crema in espresso provides unique mechanism to capture coffee aroma and hold it in the cup

Real Espresso



Espresso Requirements

Brewed Coffee can accept a wide range of characteristics, but Espresso requires a narrow range of well-defined features:

Acidity:	Very, very low
Body:	Very High
Color:	Reddish Brown
Crema:	Rich, velvety, persistent
Aroma:	Intense, rich, complex
Taste:	Intense, smooth, mellow
Aftertaste:	Long, persistent, memorable

A Philosophy of Espresso Blending

1. No Single coffee provides all of the physical and flavor properties in the right balance.
2. Construct physical properties out of one set of coffee and derive flavor properties from a second coffee.
3. To the extent this can be achieved, they are independently adjustable

Espresso Blending



Coffee Bean Choices

1. Natural Arabica for Base:

1. Brazilian
2. Indonesian
3. Indian (especially Monsooned Coffees)

2. High Grade Robusta for Crema Stabilization:

1. Indian (Kaapi, Monsooned, and Parchment -AB)

3. Arabica for Flavor:

1. Your Choice

Monsooned Malabar-AA Super Grade Coffee



Malabar Gold Espresso



Monsooned Malabar-AA
Super Grade Coffee



Monsooned Malabar
At the Start of Pour

Shot to Shot Variation

	Dose = 7 grams			Dose = 14 grams		
	Spread			Spread		
Bean Composition	+/- 10%	+/- 20%	+/- 40%	+/- 10%	+/- 20%	+/- 40%
10%	36	52	77	39	61	88
20%	41	64	90	48	76	97
30%	47	74	96	57	86	100
40%	54	82	99	66	93	100
50%	62	89	100	75	97	100

General Guidelines

- “ Select Coffees by Making Espresso, not by Cupping
- “ Use as Few Different Coffees as Possible
- “ If a Coffee is included, Use Large Enough Proportion to Feel its Impact
- “ Small Proportions of Highly Potent Coffee Give Rise to Large Shot to Shot Variation
- “ If Potent Coffee is Acidic, Avoid Large Proportion

Summary

- “ 1. Oils must be emulsified for it to be an Espresso.
- “ 2. Crema is the most important indicator of a well made Espresso.
- “ 3. Quality Espresso Blend must contain two or more coffees.
- “ 4. Low Acid Natural Arabica is best for the base of the blend
- “ 5. High grade , clean, mellow robusta can enhance and stabilize crema.