

Barista Guide

Preparation

There are many factors which must all be prepared well to ensure you customers return for your great espresso.....

- **Fresh**
Freshly roasted coffee will remain usable for up to 9 days, provided the beans are kept dry, cool and away from the light. If possibly, grind coffee just before using it. Ground coffee will lose its vitality quickly.
- **Clean**
Coffee should be treated like any food. Everything that comes in contact with it and the coffee machine must be clean
- **Hot**
Water, milk, group head, handle and cup should be hot
- **Fast**
Preparing coffee with speed ensures it is served while fresh and hot
- **Consistent**
Your customers will return for your great coffee when it is made well, served fast and hot, prepared using the same recipe and presented the same way – every time – regardless of who is making it!

Grinding

The grinder is the tool that produces small volumes of even-sized particles of coffee. As a guide, if your grind is at the correct level, it should 'ball up' in to clumps of ground coffee, referred to as **snowballs**. Grinders do vary and it's important to check which direction on your grinder will make the grind finer and which will make it coarser. There are also factors that can influence your grind, such as humidity/moisture in the air and your grind will need continuous 'tweaking' to allow for these changes.

It's best to only make minor adjustments to your grind each time; until you are satisfied you have it right. With practice, you will know when you have the correct grind for the conditions. And it makes perfect sense then, only to grind the coffee as you need it.

Grinder Cleaning & Maintenance

Several times a week at the end of the day, switch off the grinder, close off the bean flow, empty the beans from the hopper and wipe it clean. Remove any remaining ground coffee from the doser and use a soft cloth or brush to remove any loose grinds in the grinder.

Ask your coffee supplier and/or servicing agent if you think your burrs need checking or the grinder needs servicing.

Dosing

Particularly whilst you are learning, it's really important that you dose the correct amount of coffee in to your basket. Ensure you have sufficient ground coffee in the doser to ensure you deliver a full dose in to your basket with each full flick of the lever. The rule of thumb is 2 flicks for a single shot (10-14 gms) and 3 flicks for a double shot (14-18 gms).

Tamping

When you tamp the coffee, it's really important that you do it with a firm, even pressure that will form a solid, flat surface in the basket. If the coffee is not evenly packed in the basket, this will result in a bad extraction and ultimately, a bad cup of coffee!

The Shot

The shot is the base of all espresso coffees. Create the perfect espresso by following this guide.

1. Dry the basket inside the handle.
2. Dose the basket with freshly ground coffee until level with the rim.
For more information, refer to **DOSING** section.
3. Firmly and evenly tamp the coffee so it becomes perfectly flat and packed. For more information, refer to **TAMPING** section.
4. Clean any loose coffee grounds off the rim of the handle.
5. Secure the handle in to the pre-heated group head.
6. Place warm cup(s) underneath the spout(s).

7. Start the water flow. There should be a short delay before the coffee pours, between 3-6 seconds. Then the first of the crema will begin to drip from the spout(s).
8. After the initial drips, the bulk of the espresso will flow. The flow will then taper to look like a 'mouse tail', and the liquid will be lighter in colour.
9. The extraction should take no more than 25 seconds.
10. You've now made the perfect espresso, with a rich, deep caramel-brown crema!
11. You'll know when you've ground, dosed and tamped your basket correctly when you knock out the used grinds and they fall from the basket(s) in a compact, round 'brick'.
12. Rinse the basket(s) under hot, running water.
13. Insert handles back in to the group head(s), to ensure the equipment is kept hot.

The Milk

Milk is foamed and steamed for the simple reason that you want to enhance and elevate the experience of coffee and espresso in particular. Coffee is a sensory experience. We want to do everything we can to maximize it.

Hot milk with coffee is okay, but does not compare to the texture and full richness of properly steamed and foamed milk. Handled correctly the milk can be transformed. With practice and determination, you will be producing superbly steamed and foamed milk in no time at all!

How to Steam & Froth the Milk

1. Fill the correct size milk jug with fresh milk, to at least 1/3 full.
2. Before use, open the steam valve to clear any water from the steam vent pipe – this is called "purging". This prevents diluting the milk.
3. To froth the milk, lower the jug so the steam pipe nozzle is just below the surface of the milk. **If you hold the jug too low, it will make large bubbles – NOT WHAT YOU WANT!**
4. Hold the milk jug so the steam arm is in the center, to create an even thick froth and create a whirlpool motion with the milk.

5. To heat the milk, hold the milk jug so the steam pipe nozzle is near the bottom of the jug, then **fully open the steam valve**.
6. **This entire process should be quiet** – if there is a high-pitched sound, then the steam pipe is too low in the jug. Be careful not to steam / heat to too long, which will burn the milk. A good guide is the “3 second rule” – once the milk is up to temperature, which should be **65 – 70 degrees**, you shouldn’t be able to comfortably hold the outside of the metal jug for more than 3 seconds.
7. Turn the steam valve off.
8. Wipe the milk residue off the steam arm with a soft, damp cloth.
9. Aim for very small bubbles (preferably no bubbles). Tap the jug on the bench a couple of times to dissipate any large bubbles.

You are now ready to finish making a great coffee!

Popular Coffees

Long Black

Fill the cup just under half full with hot water first. Place the cup under the head and make the shot, usually a double. ***Note: the cup is still not full.*** If requested, serve the long black with a small jug of hot water.

Short black

Place the cup under the head and make the shot – a single.

Flat White

There are variations on the theme, but the most common method is to make a double shot, then ease the smooth steamed milk into the espresso/water, holding back the froth of the milk with a spoon. If necessary, remove excess froth from the milk jug with a spoon, before pouring.

Café Latte

Effectively a larger version of the flat white, but normally a single shot rather than a double, however a double can be used. Ease the milk into the shot,

holding back the milk froth with the spoon, allowing the smooth milk to flow in to and mix with the coffee, not float on the top.

Cappuccino

Double espresso with steamed milk eased in to the shot. Add milk into the espresso shot until the cup is nearly full, holding back the froth with the spoon. Then carefully spoon froth on to the top. If necessary, you can pour a little more milk through the center of the frothed milk, to fill the cup. Garnish with either chocolate or cinnamon.

Mochaccino

Double shot of espresso with chocolate milk. Add 3 teaspoons of chocolate powder to your milk or swirl chocolate syrup around the inside edge of the coffee cup. Foam your milk. Fill your cup 2/3 full with steamed milk, holding back the froth. Spoon on the froth and garnish with chocolate powder.

Basic Trouble Shooting

Under-extracted

It's common to dose the basket a bit light, which will mean your shot will be under-extracted – the pour will be too quick and the espresso will taste sharp.

Over-extracted

Equally so, if you over fill the basket, the shot may be over-extracted – the pour will be too slow, without crema and the espresso will taste sharp and burnt.

No Steam Pressure

At very busy times, when you're machine is experiencing a high workload and you are using the hot water supply to make pots of tea, you may find the water pressure can drop. (This is normally only experienced with smaller machines with less water capacity). If you find you have lost steam pressure,

you will need to wait several minutes to allow your machine to refill and for the water to reach optimum temperature.

Cleaning & Maintenance

Coffee Handles

Periodically remove the filter baskets from the espresso handles to soak them in hot, soapy water and scrub clean the interior of the handles.

Steam Arms

After EVERY use, wipe with steam arms clean. Every couple of days, soak the steam arms in warm water for no longer than 10 minutes, ***never overnight*** to soften Current milk residue. Remove the screw-on steam arm head and poke through the holes with the end of a paperclip or a pin, to clean out any built up milk residue.

Group Head Back flushing

Backflushing your machine is an every day event that should take place if you are running a café making espresso coffee. This also applies to home users and espresso enthusiasts who wish to keep their espresso machine in good working condition, enabling the best possible extraction from the machine.

- Scrub the group head with the head clean brush, running it around the group head to remove any coffee grind residues.
- Pop out the filter basket in the espresso handle and replace with a blank/blind disk.
- Place the handle in the group head and start the water flow.
- After 5 seconds, stop the water and rinse out the blank disk.
- Repeat several times until no more coffee grinds appear.

GUIDE: If you are making up to 50 coffees per day, then you should complete this process twice per day. If you are making 50+ coffees per day, you should repeat this process regularly throughout the day.

Once every few days you will need to back flush using head clean shampoo, to ensure you are cleaning the group heads properly.

- Scrub the group head with the head clean brush, running it around the group head to remove any coffee grind residues.
- Place ¼ of a teaspoon of Head Clean Shampoo in to your blank/blind disk.
- Put the filter handle into the coffee machine as though you were going to make coffee and start the water flow.
- Count to ten and repeat this process three times. You should see white froth coming from the bottom of the group head via the exhaust tube. (In some machines this part is internal and you will not see the froth, but this is nothing to worry about).
- Lastly run the continuous flow button on the group until no further white froth can be seen.
- Repeat entire process for each group head.

GUIDE: If you are making under 50 coffees per day, then you should complete this process once or twice a week. If you are making 50+ coffees per day, you should repeat this process every day.

Drip Tray and Rack

Periodically remove from the machine, rinse and wipe clean with a soft cloth.

Regular “PROFESSIONAL” Maintenance

Just like a car, espresso machines need regular servicing. *Celcius Coffee* recommends you have your machine fully serviced every 6 months. Preventative care is the best care you can offer your machine and ultimately your business!

If you have any questions, or would like further information either complete our online enquiry form or phone us on 04 586 5244.