

European Coffee Trip & Gwilym Davies presents:

## LEARN COFFEE WITH GWILYM

# #5 HANDLING THE CUP

### AIM:

- To raise awareness on how to handle a cup in a professional and hygienic way.

### WHY?

- Not handling a cup correctly is disgusting



## 'FINGERS IN THE CUP'

I am sure barista's who took time to watch this series of videos are aware that handling the top of the cup and putting their fingers inside the cup is not acceptable but we made the video anyway, as a personal material.

Rather than waste an opportunity to pass on information I will give one piece of advise on cup handling then spend the rest of the space on this sheet on a much more interesting subject.

- Once a cup has been washed it is not held anywhere but the handle until it reaches the customers hand.

## 'DIALLING IN' ESPRESSO (MAKE IT TASTE NICE)

There are different ways to do this; as long as it tastes good none are wrong, here is how I do it. Each coffee will have its own characteristics but in general I aim to create a balanced coffee with low bitterness, medium to high sweetness made interesting by a pleasant acidity. Bitterness and acidity are the easy to find, creating the sweetness is where a barista needs their skill. I start by finding the tastiest coffee to water ratio then fine tune the coffee by altering the extraction time then if needed the temperature.

### DOSE

The amount I dose is dictated by the size of my baskets, I start by dosing the amount the basket is designed for and will vary only +/- 1g. If I can choose my basket size I make the decision based on how much liquid I want from the coffee grounds, the more espresso I want the larger the basket size I will use.

### BEVERAGE WEIGHT

My starting point for beverage weight is:

- **Darker roasts:** 66% EBF, 1g coffee to 1.5g beverage weight, aiming for about 22-25 secs
- **Medium/ light:** 50% EBF, 1g of coffee to 2g beverage weight, I aim for around 27-30 secs.
- **Light roasts** (often called filter roasts): 38% EBF, 1g coffee to 2.6g beverage weight in 19-22 secs

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## CHANGING BEVERAGE WEIGHT

Keeping the Dose consistent and changing the beverage weight will alter the strength and extraction of the espresso. Increasing the beverage weight will reduce strength and increase the extraction, as we increase extraction we alter the taste balance from sour acidity to sweetness then bitterness.

- If the espresso tastes too bitter I reduce the beverage weight.
- If the espresso has too much acidity I will increase the beverage weight to search for more sweetness.
- Increasing beverage weight can also expose age and defects, by reducing the beverage weight these flavours can be disguised by increased strength.

## CHANGING EXTRACTION TIME

There is a bigger tolerance for time of extraction than there is for the Dose/beverage weight recipe. I use time to 'fine tune' a dose/ beverage weight recipe.

- **I increase time to reduce acidity**, increase body and increase bitterness.
- **I reduce time to clean up the shot** and reduce bitterness and roasty flavours

## EXTRACTION TEMPERATURE

The temperature of the water from the grouphead and the speed of flow through the coffee influence extraction temperature.

- **A fast flow brews hotter** in the filter basket
- **A slow flow brews cooler** in the filter basket

Temperature from the grouphead is the last variable I change, I generally have my machine at 92.5c and leave it there.

- **Reduce temperature if it tastes bitter**
- **Increase temperature to reduce sour acidity**
- **Very unripe or underdeveloped coffee can benefit from a drop in temperature** below 90c
- If you cannot get a coffee to taste good try it at 80c, sometimes it creates a simple uncomplicated espresso.

## DEFINITIONS:

**Dialling in** – this English term has become a common way of explaining the process of calibrating the grinder with the espresso machine to create as tasty an espresso as you can.

**EBF** – Espresso Brew Formula

## MESSAGES TO GO AWAY WITH:

**Handle the cup in a professional and hygienic way**

**The relationship between the amount of coffee and the amount of water used has the largest influence when 'dialling in'**

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