

How to sheet extract a coffee. Beginners Guide.



Equipment you will need to extract a coffee.

1. Coffee machine and a double group and single group handle,
2. Coffee grinder,
3. Tamper/puc press.



Step One

This is a step-by-step instruction to extract an espresso.

1. Turn on the coffee machine and grinder.
2. Wait till the coffee machine is fully heated then you can start to undertake extraction.
3. Flush group head, press any of the 4 buttons (not the program button) The right-hand button is usually the program button.

Step Two

1. Grind coffee into group handle filter basket

	2 shots espresso	1 shot espresso
Weight grams	18 - 20	9 - 10



Step Three

1. Tamp coffee down.

Puc press – put group and under the puc press – pull out once tamper, clean around top of group handle for any excess coffee grounds.

Manual tamp – put group handle with the coffee grounds on side of bench (utilise a tamper mat preferable) press down firmly, tap side of group handle to get excess coffee grounds and lightly polish the top of the tamped coffee.

Step Four

1. Flush group head
2. Lock in the group handle into the group head
3. Press button on button pad

Step Five

1. Place cup under group handle
2. Check extraction rates – looking for a rats tail or love heart shape from your extracted coffee as it comes out of the coffee basket.
3. Enjoy your coffee.

Table Extraction rates

Example

	2 shots espresso	1 shot espresso
Weight grams	18 - 20	9 - 10
Time seconds	26 to 28	26 to 28
Mls	60	30

Basic Guide

- Extraction too slow – reduce weight in filter basket.
- Extraction too slow – reduce tamping pressure.
- Extraction too slow – increase size of grind (make more course)

- Extraction too fast – increase weight in filter basket.
- Extraction too fast – increase tamping pressure.
- Extraction too fast – reduce size of grind (make finer)