

[Email Me](#)[Email Me](#)

[Subscribe to this blog's feed](#)

## RECENT POSTS

- [We're moving.](#)

## ARCHIVES

- [December 2006](#)
- [September 2006](#)
- [August 2006](#)
- [June 2006](#)
- [May 2006](#)
- [April 2006](#)
- [March 2006](#)
- [February 2006](#)
- [January 2006](#)
- [November 2005](#)

## WE SELL COFFEE

- [gimmecoffee.com Store](#)

## OUR SITE

- [Virtual Tour of our Espresso Bars](#)
- [gimmecoffee.com](#)

## SLIDESHOWS

- [Seattle 2005](#)
- [gimme!5 Cornell Installation & Opening](#)
- [gimme!5 Interior Buildout](#)
- [gimme!5 Exterior Restoration](#)

« [Norway travel photos are posted](#) | [Main](#) | [Organizational Tectonics are Shifting](#) »

August 06, 2006

## Espresso Training with Tim W.



Back in June, I escaped the confines of my own coffee routine and visited upon some [Norwegian coffee culture](#). Brooklyn barista [Chris Owens](#) provided the impetus to make plans, craving some supreme espresso dogma disassembly. I found myself willfully inclined and together we made it happen. I thank Chris for researching everything, building our itinerary, and having the idea in the first place.

We booked 3 days with [Tim Wendelboe](#): Lab time at [Solberg and Hansen](#) (S&H) augmented with guided touring of Oslo cafés. I took a little black book and scribbled some notes during our morning espressolab sessions. Rough & random translation follows, and I wouldn't be

surprised to have misquoted Tim a few times.

### **Roasting**

Lower altitude coffees generally provide more sweetness. It is somewhat common for roasters use a natural coffee in combination with a monsooned coffee to achieve increased body and crema. Increased sweetness is often perceived as increased body.

Roast soft beans slowly and gradually, some for even 17 min. For hard bean coffee, roast hot at first to rapidly to more rapidly dehydrate into first crack, easing thereafter. Robusta needs more heat (than arabica) to fully develop in the roast, otherwise the outcome may be grassy. A smooth exterior indicates "good development" during roasting. Alternatively, beans are wrinkly and likely to be not as sweet.

In Tim's experience, water quenching quickens staling. Water quenched coffee peaks on day 1 and is basically stale by day 5. Without the quench, the coffee is best at 8-9 days, with declining potential for decent results lasting even 16 days. Sometimes finds the taste of quenched coffee "soury".

S&H [cupping ratios](#) are 55g per litre and grind for melitta paper filter.

Tip: Use the back of your fingernail to check for burr sharpness. If it shaves a fingernail it is still good.

### **Espresso**

Darker roasts require a coarser grind. Lighter roasts require a finer grind. Some variation in grind is good: Fines contribute body and mouthfeel; coarse grinds release flavor. Flow goes slower at higher

temperatures so adjust coarser as you increase temp. The coarser the grind, the better the coffee, but we should resist any urge to overpack the pf.

Stand perpendicular to the tamping surface for best tamping ergonomics. Lock in your fresh tamped pf...then take it out and examine the puck. The faintest impression of the showerscreen screw indicates proper dose.

Purge sequence on GB5: Purge 2oz while dosing and grinding, then again just before the pour. If a fresh puck in a portafilter is not infused immediately upon locking in, the shot quality will suffer. Problem manifests itself as "roasty-ness", best described as the taste left in your mouth if you chew a roasted coffee bean.

Blending for espresso, we want a base to provide body and sweetness. S&H espresso: Brazil, Malabar, Robusta, Harar, & Colombian. Extraction Parameters: 199.5 F, 8.5 bar, .75 oz single in 23 sec using 16.5g on a LM tapered basket.

Watching always for steady pours during the espresso extraction. A "nervous" extraction will likely blush in the cup. A single espresso is between .75 and 1oz including crema. Stir the espresso prior to tasting otherwise you'll get a mouth full of crema sometimes accentuating ashy notes. Tim finds triple shots to be overwhelming.

If we raise the steam level to 1.5 bar, the steam will be drier so we ought to raise the water level in order to compensate for this. Steam to 60-65 degrees C for the sweetest cap cup. Set steam boiler at 1.2 bar.

For espresso drinks with milk, it is best to have the milk be as cold as possible. Also beware that milk is "light sensitive".

**Exercise:** Divide espresso shot into 6 separate cups, each collecting a 5 second portion of the shot. Evaluate the results.

**Exercise:** Temperature profiling your espresso blend. Get yourself a Scace device and start low (194) and taste espresso at each temp interval up to 204. Record your results & discuss.

**Exercise:** Pump profiling. Taste shots extracted at different pressures between 7 & 10 bar.

**Exercise:** Taste shots using each type of portafilter basket (7g, tapered LM dbl, straight LM dbl, Faema dbl, etc. Note preferred hardware.

**Exercise:** Dosing into same basket, taste shots dosed to the gram 14, 15, 16, -20g. Note your preferences.

**Exercise:** Cupping results across a variety of drinking vessels: varying demitasse, wine glass, etc.

3 people he admires in the trade: Ernesto Illy, Alf Kramer, and David Schomer. (Here's an example of [Kramer's work](#) .pdf).

---

August 06, 2006 in [Research and Development](#) | [Permalink](#)

TrackBack

TrackBack URL for this entry:  
<http://www.typepad.com/t/trackback/5588106>

Listed below are links to weblogs that reference [Espresso Training with Tim W.](#):

Comments

eeeeewwwww there's a fingernail in my latte!

Posted by: [Booger](#) | [August 16, 2006 at 10:56 PM](#)

Post a comment

If you have a TypeKey or TypePad account, please [Sign In](#)

Name:

Email Address:

URL:

Remember personal info?

Comments:

Preview

Post