

Title:

Making A Good Espresso

Word Count:

488

Summary:

Drinking espresso has become a way of life for most people, particularly those who have heavy schedules and who take time out to relax with a cup of freshly brewed espresso or coffee.

Coffee is so popular it is believed that it comes next to water as a popular drink. The whole world loves a good cup of coffee that annual consumption can reach to as high as 400 billion coffee cups all over the world.

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Keywords:

espresso, espresso coffee makers, espresso machines, coffee grinders

Article Body:

Drinking espresso has become a way of life for most people, particularly those who have heavy schedules and who take time out to relax with a cup of freshly brewed espresso or coffee.

Coffee is so popular it is believed that it comes next to water as a popular drink. The whole world loves a good cup of coffee that annual consumption can reach to as high as 400 billion coffee cups all over the world.

Most avid coffee or espresso drinkers can have a cup of espresso a day or even more, without knowing where this rousing beverage came from. That heavenly brew comes from coffee beans that are sourced from evergreen trees that are grown all over the world. The evergreen tree is widely grown in Latin America, Indonesia, Hawaii, Southeast Asia and in Africa.

While the word espresso may have come from an Italian word meaning express or fast, it really is a misnomer since espresso or brewed coffee have to undergo a process before one can enjoy its freshly brewed taste. To make a good espresso, one has to start with a good coffee variety that must have undergone proper grinding. A good espresso maker handled by a capable barista can yield an espresso that can taste heavenly. The goodness of an espresso can be determined

even from its aroma alone.

Coffee drinkers who are serious about making good espresso should invest in a good espresso machine. Good espresso machines come in a variety of brands, sizes and prices. You need not spend more to get a good espresso machine because there are good espresso makers that are reasonably priced. When making the espresso, always remember to turn on the espresso machine and allow it to heat properly. Establishments that have fast espresso orders do not really put off their machines to make sure it is properly heated for every espresso order.

When buying coffee beans, it is better to grind them as you use them because keeping them even in a tight container after grinding can result to a loss of aroma. Attention should also be placed on the type of grinder being used, with conical burr grinders preferred than flat burr grinders. The grinder with a conical burr is preferred because it can grind the beans without heating them and lessening their aroma in the process.

While the kind of coffee beans used for the espresso must be chosen well, baristas should also make sure that only filtered water is used for the espresso as the water's mineral content can affect the taste of the espresso.

When one finds a good coffee blend, the tendency is to buy more for storage. When you do this, do not commit the mistake of keeping coffee in the freezer or refrigerator. It is best to store them in a container that is foolproof and clean and place them in a dark and cool area.