

INDEX

Preface	pag. 3
Umami, the quintessence of life	4
Introduction	5
Who is a barista? A coffee sommelier	7
The history of coffee	9
Origins and legends	10
Coffee comes to Europe: Venice, Vienna, Edward Lloyd's and Trieste	12
Caffeine begins a new era in the western world	14
Caffeinated postmodern man and the new renaissance of italian coffee	16
The world of green coffee	22
The coffee plant: botany and cultivation tips	22
Caffeine	25
Life in plantation during the year	26
Coffee processing methods	27
The harvest of cherries	27
Cherry processing methods	28
Which method to choose?	29
Coffee-producing countries	31
Coffee-consuming countries	33
Coffee decaffeination process	33
Green coffee certifications	35
Organic	35
ROASTING	39
The roasting process: a definition	39
Physico-chemical changes during coffee roasting	40
Roasting for filter-method vs. Roasting for espresso	41
Roasting defects	42
Coffee degassing and packaging	43
Grinding and tamping	45
The beginning of a good cup of coffee	45
Cutting technology	46
Coffee dose	47
Size profiles and brewing methods	48
Temperature control	49

Maintenance and cleaning	50
Tamping	51
Water	52
Chemical composition for a perfect espresso water	52
How to measure water characteristics	53
Filtration systems	54
The espresso	57
Definition of espresso	57
Espresso extraction: over-extracted, under-extracted	61
Espresso physical-chemical characterization	62
Sensory description	63
Definition of percolation: pre-infusion, pressure rising, extraction	65
Espresso measurement: weight, volume, temperature, Tds, percentage of extraction	66
Extraction percentage	67
Protocol for determination of Tds in coffee	69
1. Calibration or “zero set”	69
2. Coffee espresso filtration	69
3. Measurement	70
The espresso machine	71
Espresso machine parameters to get a good coffee	74
Technological developments	76
Filter diameter	77
Water temperature	78
Water pressure	79
Maintenance and cleaning	80
Make an espresso	81
Roasting	81
Grinding adjustment	82
Burrs	82
Filter	83
Dosage	83
Grinding size distribution	83
Tamping	84
Filter holder fastening	84
Espresso machine adjusting	84
The cup	84
Filter holder: single, double, naked	85
Useful tips	86

Bacchi espresso	87
History	87
Technology	88
Functioning	88
Design	89
The cappuccino	91
Milk	91
Milk chemical composition	92
Different types of milk	92
The “5 L”	93
Milk (<i>latte</i>)	93
Milk jug (<i>lattiera</i>)	93
Steam wand (<i>lancia vapore</i>)	94
Steaming (<i>lavorazione</i>)	94
Latte Art	96
Steam pressure adjustment	96
Italian cappuccino	97
Latte macchiato	97
Flat white	97
Drawbacks and cleaning of the steam wand	98
Other coffee processing	99
Decaffeinated coffee	99
Dewaxed coffee	100
Other brewing methods	101
Moka pot	101
Aeropress	101
French Press	102
Napoletana pot	102
BUNN filter machine	102
Chemex	103
Hario V60	103
Recipes	104
Recipes with hot espresso	104
Coffee & Gin recipes	107
Food & coffee pairings	108
Commonplaces and insights on coffee	109