



# WHOLEBEAN ESPRESSO

Buying wholebean coffee enables you to grind your beans at the precise time that you want to brew espresso, thus maintaining peak freshness. The coarseness of the grind is vitally important to the quality of each espresso shot - too coarse and you will end up with a weak, under-extracted espresso; too fine and your coffee will taste bitter and over-extracted.

## WHAT YOU WILL NEED:

1. Traditional (semi or fully-automatic)\* or Super-Automatic\*\* Espresso Machine
2. Antica Wholebean Espresso  
*(for peak freshness, use within 7-10 days of opening)*
3. Measuring Scoop (7g)
4. Hand Tamper

\* There are many different types of home and commercial espresso machines. Please ensure that you carefully follow the instructions provided for YOUR machine.

\*\* Super-Automatic espresso machines have the grinders built into the unit, automating the grinding process and hence eliminating the need for a separate grinder.



## INSTRUCTIONS:



### STEP ONE:

Pour fresh wholebeans into the hopper of the grinder. Set coarseness of grind to *fine* for espresso. Grind required amount.



### STEP TWO:

- a. Measure correct amount of ground coffee using 7g measuring scoop. Use two scoops for double shot.
- b. Place ground coffee in portafilter.



### STEP THREE:

Place portafilter on counter and using a hand tamper, compact the ground coffee tightly in the basket



### STEP FOUR:

Lock the portafilter into the group (the receptacle on the espresso machine)



### STEP FIVE:

Turn on the pump which sends hot water through the group.



### STEP SIX:

A double shot of espresso should be about 1.5 to 2 fluid ounces and take approximately 20 to 25 seconds to extract from the moment you start the pump until you reach the appointed liquid volume.