

Espresso

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Espresso is a concentrated beverage brewed by forcing a small amount of nearly boiling water under pressure through finely ground coffee. Espresso often has a thicker consistency than coffee brewed by other methods, a higher concentration of suspended and dissolved solids, and *crema* (foam). As a result of the pressurized brewing process the flavours and chemicals in a typical cup of coffee are very concentrated. Espresso is the base for other drinks, such as a latte, cappuccino, macchiato, mocha, or americano. Espresso has more caffeine per unit volume than most beverages, but the usual serving size is smaller—a 30 mL (1 US fluid ounce) shot of espresso has about one third the caffeine of a standard 180 mL (6 US fluid ounces) cup of drip-brewed coffee, which varies from 80 to 130 mg.^[1] A professional operator of an espresso machine is a *barista*, the Italian word for bartender.

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Brewing process

Espresso is made by forcing very hot water under high pressure through finely ground, compacted coffee.^[2] This process produces an almost syrupy beverage by extracting both solid and dissolved components. It also produces the definitive *crema*,^[3] by emulsifying the oils in the ground coffee into a colloid, which does not occur in other brewing methods. There is no universal standard defining the process of extracting espresso,^[4] but there are several published definitions which attempt to place constraints on the amount and type of ground coffee used, the temperature and pressure of the water, and the rate of extraction.^{[5][6]} Generally, one uses an espresso machine to make espresso. The act of producing a shot of espresso is often termed "pulling" a shot, originating from lever espresso machines, which require pulling down a handle attached to a spring-loaded piston, forcing hot water through the coffee at high



Espresso brewing, with a dark reddish-brown foam, called *crema*