

PROUDLY SERVING

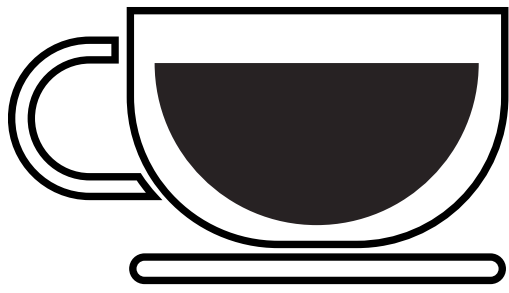
Essential Coffee

Specialty Coffee Roasters

YOUR ESSENTIAL GUIDE TO COFFEE

ESPRESSO

AKA: SHORT BLACK



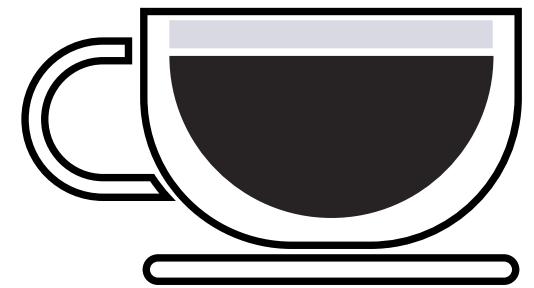
1 SHOT OF ESPRESSO
SERVED IN: DEMI-TASSE CUP OR SMALL GLASS

LATTE



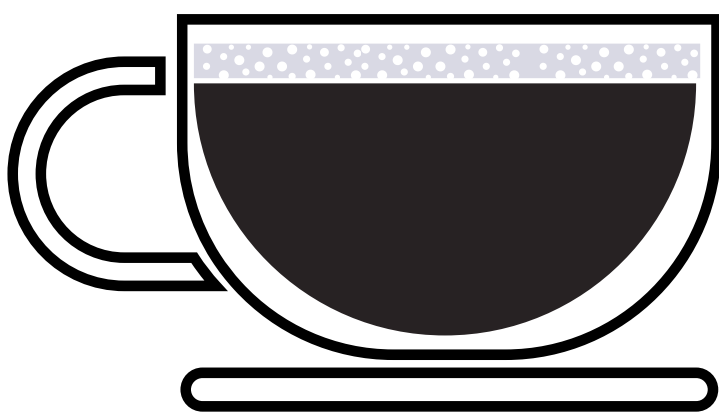
1 SHOT ESPRESSO
1 CM FOAM TEXTURED MILK
SERVED IN 8-10OZ GLASS

MACCHIATO



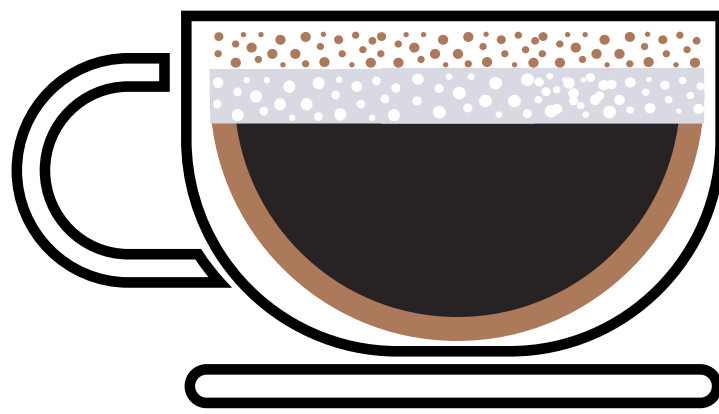
1 SHOT ESPRESSO
DASH OF MILK
SERVED IN: DEMI-TASSE CUP OR SMALL GLASS

FLAT WHITE



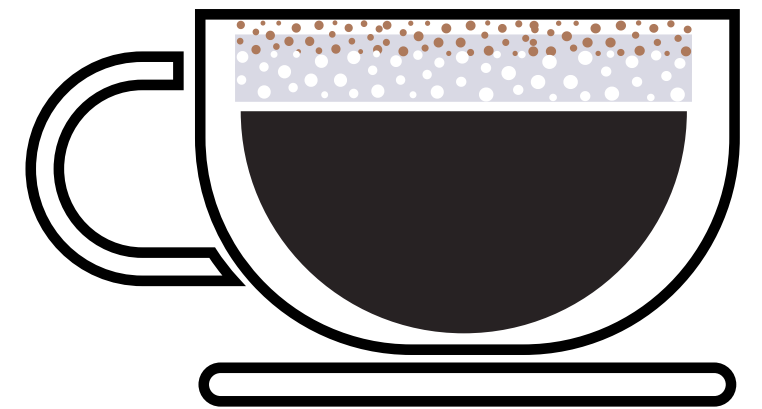
1 SHOT ESPRESSO
0.5CM FOAM TEXTURED MILK
SERVED IN 8-10OZ CUP

MOCHA



1 SHOT ESPRESSO
CHOCOLATE SYRUP
1 CM FOAM TEXTURED MILK
CHOC POWDER TOP
SERVED IN 8-10OZ CUP

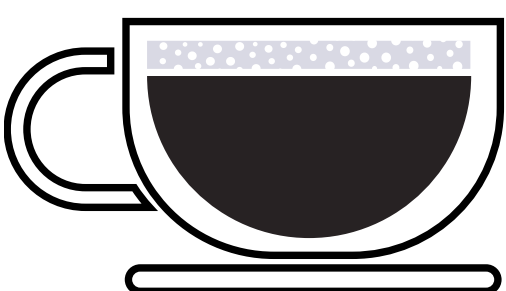
CAPPUCCINO



1 SHOT ESPRESSO
1.5 CM FOAM TEXTURED MILK
CHOC POWDER TOP

SERVED IN 8-10OZ CUP

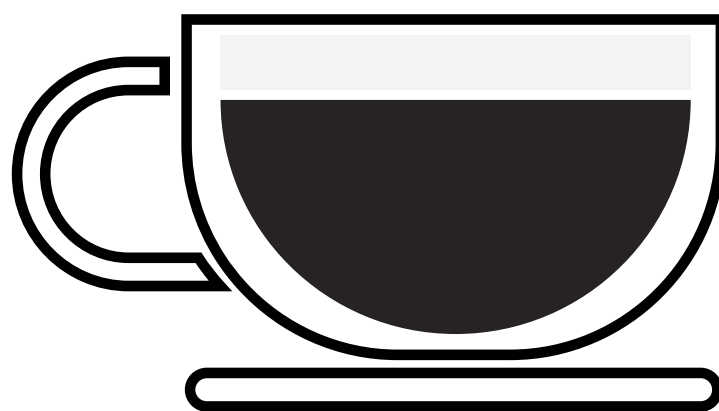
PICCOLO LATTE



1 SHOT ESPRESSO
0.5CM FOAM TEXTURED MILK
SERVED IN DEMI-TASSE CUP

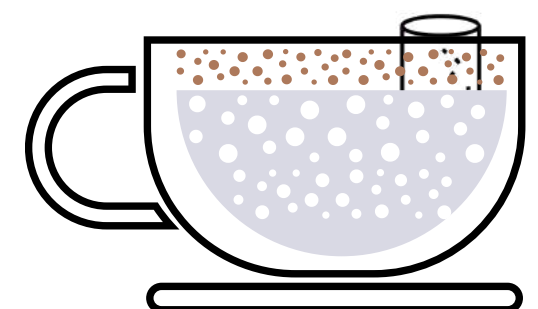
LONG BLACK

AKA: AMERICANO



2 SHOTS ESPRESSO
100-120 ML HOT WATER
SERVED IN 8-10OZ CUP

BABYCINO



CHOC POWDER
FOAM MILK
*MARSHMALLOW
SERVED IN DEMI-TASSE CUP
*ONLY IF CHILD IS WELL BEHAVED

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YOUR ESSENTIAL FACTS ABOUT COFFEE



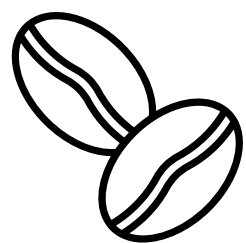
ETHIOPIA

Coffee is thought to have originated from Ethiopia in Northern Africa.



CHERRY RED

The colour of a ripe cherry on the coffee plant has to be red ready for harvesting.



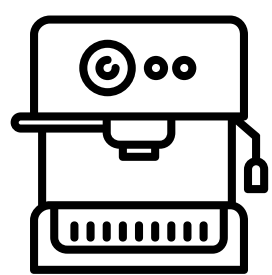
TWO BEANS

You will find two coffee beans in each cherry.



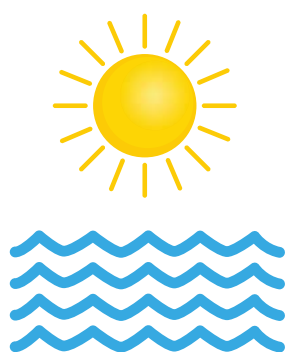
ARABICA & ROBUSTA

There are two types of coffee bean variety, Arabica and Robusta.



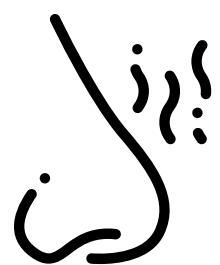
WHICH BEAN IS BEST?

Whilst many favour Arabica beans for their espresso, there are also more and more people wanting Robusta in their espresso, especially those wanting the traditional Italian style espresso.



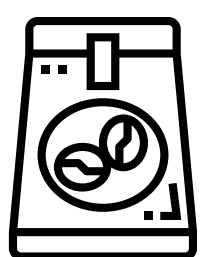
COFFEE PROCESS

The two methods used to process the coffee beans are wet soaked in water and dry soaked in the sun.



ROASTING AND AROMA

During the roasting process of the coffee beans, the bean expands and releases natural oils. The beans change colour from light to dark roast. Roasting reduces the amount of caffeine in the coffee bean and produces a nice strong aroma.



STORAGE

Coffee is best stored in a cool, dark and dry place. Left over beans should be put in an airtight sealed container and placed in a cool dark, dry place. We do not recommend freezing beans, nor putting a wet rag over the grinder's bean hopper.

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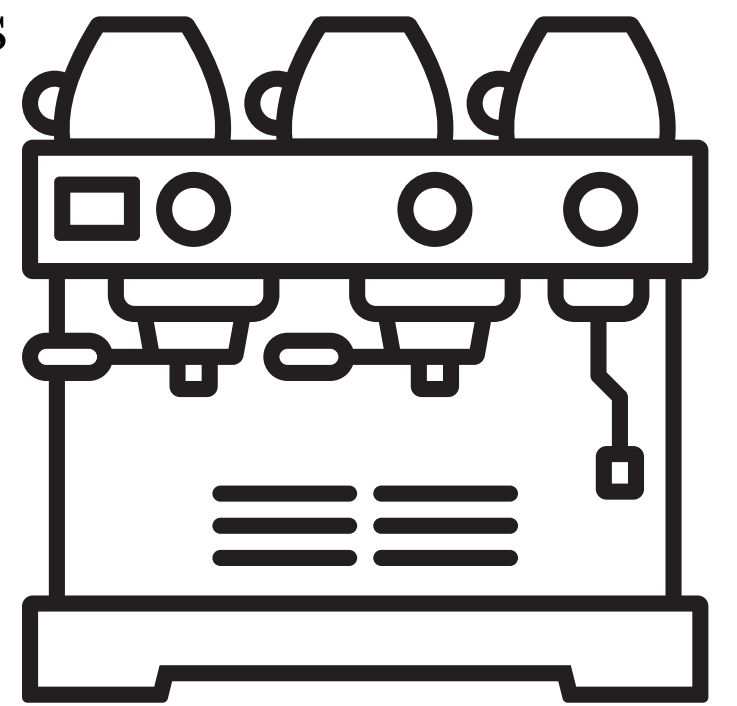
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ESSENTIAL PREPARATION AND CLEANING

WORK PREPARATION

IT IS IMPORTANT FOR THE BARISTA (COFFEE MAKER) TO SET UP THEIR WORKSTATION BEFORE SERVICE

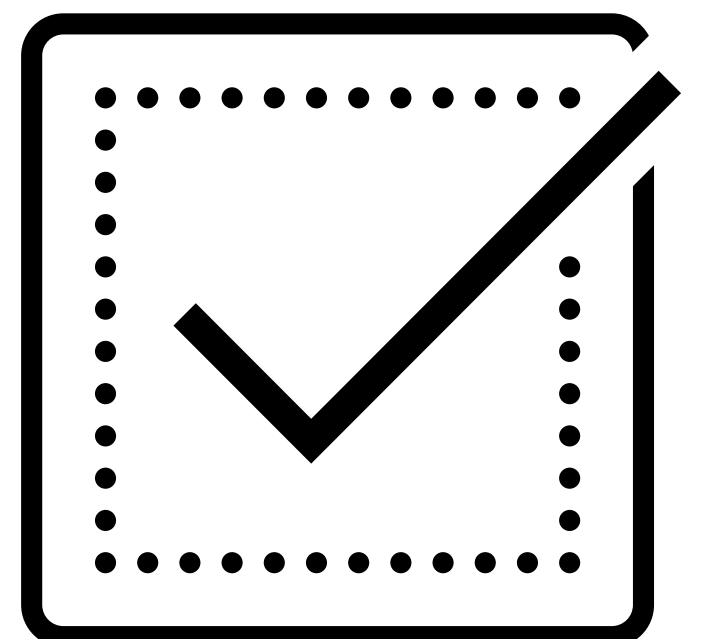
- Always set, check and adjust the size of the grind each morning.
- If the size of the grind is coarse - coffee is under extracted making the coffee weak in taste.
- If the size of the grind is too fine - coffee is over extracted, making the coffee burnt in taste.
- It is important for the Barista to adjust the grind and run a few shots of espresso before service.
- Having 3 different cloths at your work station avoids cross contamination, ensures food safety and OH&S.
Green cloth for wands, **blue** cloth to clean bench tops and a tea towel for group handles.



CLEANING & MAINTENANCE

IT IS IMPORTANT FOR THE BARISTA (COFFEE MAKER) TO CLEAN AND MAINTAIN THEIR WORKSTATION THROUGHOUT AND AFTER SERVICE

- The steaming wand should be wiped with the correct cloth and purged (flush out) after using.
- The blind filter should be used to back flush the group head.
- Wipe the espresso machine and around work station with damp cloth.
- Empty out the coffee bean hopper and dosing chamber, use a nylon brush to clean around the grinder and cloth.
- Do not put water through the grinder!
- Use energy and water resources efficiently when preparing and cleaning equipment to reduce negative environmental impacts.
- Use correct and environmentally sound disposal methods for coffee making waste including recyclable glass and bottles and containers.



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ESSENTIAL COFFEE MAKING BASICS

THE BASIC ELEMENTS

IT'S EASY TO MAKE A GOOD COFFEE, YOU JUST NEED TO UNDERSTAND A FEW BASIC ELEMENTS AND PUT IN THE TIME TO PRACTICE AND COMBINE THESE BASIC ELEMENTS OF:

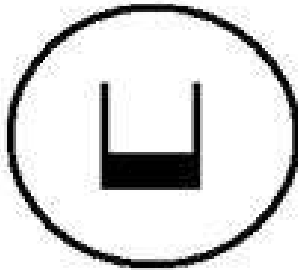
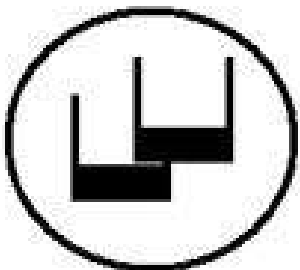
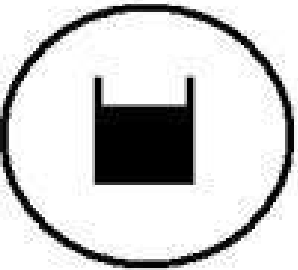
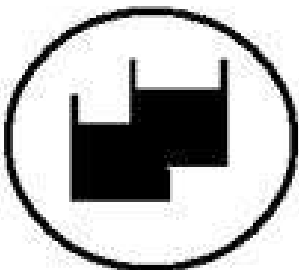

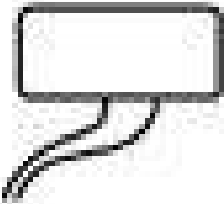

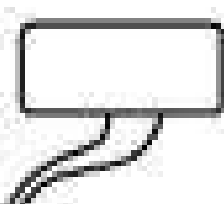
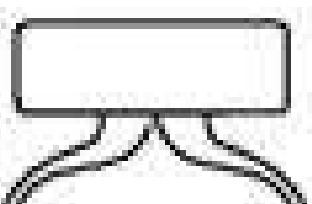
- 1: ESPRESSO
- 2: MILK
- 3: POUR

1: ESPRESSO

TO POUR A GREAT ESPRESSO THERE ARE A FEW FACTORS TO TAKE INTO ACCOUNT BUT IT ALL REVOLVES AROUND PRESSURE.

- **Pressure** is what sets espresso coffee aside from any type: drip, filter, percolated or even instant.
- To get the right pressure you must have the pump pressure set correctly and your grind must be fine-tuned to create the right conditions within the group handle to extract espresso.
- The grind should feel soft to touch but then rub it between your fingers you will have a grainy finish. Too much soft and the grind is most likely too fine. Too much grain and the grind is too coarse
- **Extraction time:** A good rule of thumb is that a 30ml espresso shot should be extracted for 25-30 seconds.

WHICH BUTTON? WHICH DRINK?

BUTTONS					
EXTRACTION	15ml/15sec Ristretto wk sml	30ml/15sec Doppio Ristretto 2x wk sml Wk large	30ml/30sec Espresso Sml	60ml/30sec Doppio Espresso 2x sml 1x large	Continuous Flow Manual
SPOUT					

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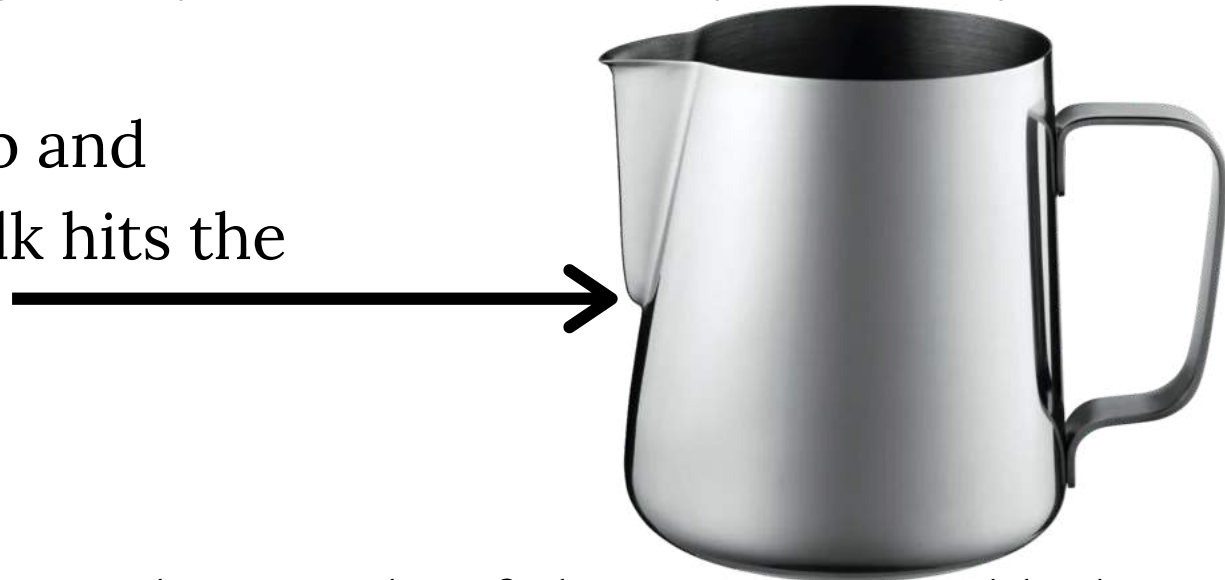
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ESSENTIAL COFFEE MAKING BASICS

2: MILK

MILK IS PROBABLY ONE OF THE HARDEST PARTS OF COFFEE MAKING TO MASTER BUT IF SHOWN THE PROPER TECHNIQUE IT TOO WILL BECOME EASY AFTER A BIT OF PRACTICE.

- You must stretch and texture the milk in a way that leaves you with a smooth velvety and shiny end product.
- Milk should end up at **65°C**. You may use either analog thermometer or a temp tag. Experienced baristas will be able to tell the temp of the milk just by touching the jug.
- So as to get good consistency throughout your coffee when you start you should always use some form of thermometer.
- Always select the right jug for the job and fill the jug until the surface of the milk hits the lower nudge of the jug spout.



- **Stretch** the milk by turning on and have the nozzle of the steam wand below the surface of the milk to make a hissing sound. This process creates micro-foam by letting air gently into the milk.
- Have the nozzle just a fraction under the surface of the milk to create foam while making the milk spin in a whirlpool motion. 5-7 seconds is standard.
- Tilt the jug a little and keep **spinning** the milk in a whirlpool motion and submerge the steam wand nozzle another fraction below the milk. The hissing sound will slowly fade away.
- Spin until the jug reaches around 65°C, turn off the steam and wipe the wand with a wet cloth.
- **You want the milk to look like wet paint.** Once the milk is made give the jug one solid thump and leave it to sit while you put the espresso shots on. This applies to all milk types; soy, skim or full-fat.
- Before pouring, swirl the milk around to polish the milk and make sure the milk and micro-foam is together.
- The more shiny the milk the better.



It's time to pour the milk.

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ESSENTIAL COFFEE MAKING BASICS

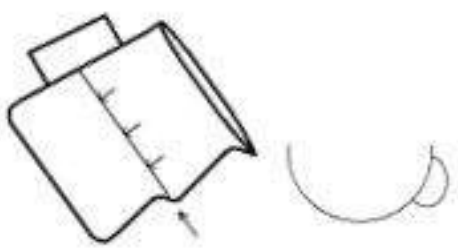
3: POUR

IF THE OTHER 2 ELEMENTS OF MAKING COFFEE ARE DONE CORRECTLY, THE POUR CAN MAKE OR BREAK THE CUP.

- First remove any spoons you may be using to determine the froth, this is an old method no longer used.
- Allow textured milk to flow through the coffee during the pour, this will give the cup a much lighter feel throughout.
- You want to pour the milk at a steady rate.
- The key is to pour the milk along the side your cup by resting the spout of the jug on the top of your cup.

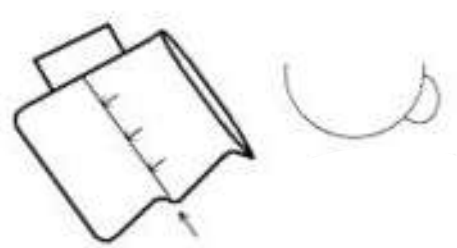
CAPPUCINNO

Pour low and quick and maintain a steady pour rate, this allows the froth to flow freely in the cup.



FLAT WHITE

To hold back the froth simply start low then slow down your pour a little and lift the jug. Continue at this height and fill the cup.



LATTE

When it comes to a Latte make sure to go somewhere inbetween and combine the two. Start low and pour until your are about half full. Then lift and slow down until the cup is full

To get the best consistency through all of your staff you should all follow the same coffee preparation method. By doing this it's more likely that you all be serving similar quality Essential coffees.



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ESSENTIAL COFFEE MAKING TIPS

SIGNS OF A GREAT ESPRESSO

HOW DO YOU KNOW IF YOU HAVE A GREAT COFFEE?

- Crema: The golden brown layer between 2-5mm on top of espresso.
- The extraction time for a single shot of espresso is 25-30 seconds. with a volume of 25-30mls. Remember 30mls is 30 seconds.
- Extraction should look like a smooth consistant flow similar to honey dripping from a spoon and as thin as a mouse's tail.
- The use of a coffee puck/cake/biscuit should be dry and firm.



ESPRESSO COFFEE & MILK

WHAT YOU SHOULD KNOW

- There is a difference between all the coffees on the Essential coffee menu.
- Demi Tasse, Standard Cup, Piccolo Glass, Latte Glass and Takeaway Cups are used to put many types of coffee in.
- Make sure that cups and glasses are warm before service.
- Milk should be textured to 65 °C, anything above will burn the milk.
- The texture of the milk should be thick and creamy with a silky finish.
- Use a different size milk jug to reduce wastage and for different types of milk.
- Machchiato = to stain.
- Ristretto = to restrain.



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ATOMIC



A well-balanced, clean coffee with rich dark chocolate notes with hints of stone fruits, honey and savoury caramels.

Origin: PNG, Indian

PLATINUM



The perfect coffee hit to get you going. Our darkest roast containing a global blend of premium Arabica from three continents. With great acidity and strong after taste for those who like their coffee with punch.

Origin: Brazil, Ethiopian, Guatemalan Indonesian

RESERVE



A coffee that combines flavours and complexities of bright fruitiness, berry extracts and caramel sweetness, notably medium bodied and clean but lingering citrus after taste.

Origin: Guatemalan, Colombian Ethiopian

EL PREMIO



One of our leading blends. Consisting of Columbia's finest coffee. This rich and full bodied blend releases medium acidity, combined with a nutty chocolate after taste, a great coffee 24/7.

Origin: Indian, Colombian, Guatemalan

ROASTERS CHOICE



A blend that combines flavours and complexities of bright fruitiness, hints of blueberry extract and caramel sweetness. Notably full bodies and clean but lingering citrus after taste.

Origin: Ethiopian, Columbian, PNG

Gr8 ORGANIC



A single origin 100% Arabica coffee with a light to medium body, a low acidity, and a creamy mouth-feel. Combining nutty, caramel and slightly malty/chocolate flavours.

Origin: Brazil

SIGNATURE



A smooth coffee with hints of cocoa and a caramel sweetness, fruity notes and a tart acidity leading to a malty finish. Medium roast.

Origin: Columbian, Guatemalan Nicaraguan

ATTITUDE



A balance of taste, flavour and aroma. Roasted separately, then combined to provide a sweet and fruity taste of medium and dark roasted beans for those who enjoy the best of both worlds.

Origin: Brazilian, Indian, PNG

CREMA



Excellent acidity with medium body with hints of honey, caramel, jelly crystals and dark cocoa that give way to a quick clean finish. A light roasted coffee.

Origin: Brazilian, Indian

RAINFOREST ALLIANCE BLEND



Our 100% Rainforest certified coffee. A medium roast producing a full rounded flavour with a light nutty taste and a hint of acidity. The perfect all-round cup.

Origin: South and Central American

ICON



A complex blend of 4 different origins or Arabica bean, producing a full bodied medium coffee ideally suited to coffee lovers who appreciate the more complex tastes from different origins.

Origin: Guatemalan, Indian, PNG Columbian

DECAF



Finally a decaf you can enjoy! Our Columbian Decaf has a great aroma combined with a delicious, sweet and rich flavour. Chemical free Swiss water processing ensures a great decaf coffee!

Our passionate espresso specialists are always refining new blends and follow strict roasting profiles to ensure integrity of each blend is maintained in our low carbon emission roaster.



Essential Coffee is proudly HACCP certified and offers a range of coffee blends including Rainforest Alliance and FairTrade Coffees. We source all of our green beans from ethical plantations that adhere to sustainable farming practices.

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ENGLISH BREAKFAST

English Breakfast tea is a premium blend of 100% Ceylon black tea from Sri Lanka which combines teas from 3 different estates in the blend. The estates are high elevation creating a smooth and rich flavour with notes of molasses, honey, subtle spice and a strong body.

Brew: One tea bag per cup for 1-2 minutes.

Quantity: 100 silk infusers per tin or refill bag.

GREEN TEA SENCHA

Green Tea Sencha is grown in Sri Lanka at high elevation. The liquor and aroma is smooth, medium strength green tea with a balance of vegetal notes, sweetness and astringency.

Brew: One tea bag per cup for 1-2 minutes or until desired strength is reached.

Quantity: 100 silk infusers per tin or refill bag.

EARL GREY

Earl Grey tea is a combination of high elevation grown Ceylon black tea infused with natural bergamot oil to create the perfectly balanced tea. The liquor and aroma is strong, rich malt flavour black tea with perfect balance of fruit sweetness and acidity provided by the bergamot. This tea is pure Sri Lankan.

Brew: One tea bag per cup for 1-2 minutes or until desired strength is reached.

Quantity: 100 silk infusers per tin or refill bag.

ORGANIC CHAMOMILE

Our Organic Chamomile blend is grown in the wild on farms in Egypt and is a premium quality product. Egypt is one of the world's largest producers of premium chamomile. The aroma and liquor is sweet, honey suckle and with strong floral notes with lingering sweetness.

Brew: One tea bag per cup for 3-5 minutes.

Quantity: 100 silk infusers per tin or refill bag.

PEPPERMINT

Peppermint leaf is grown in the wild on farms in Egypt and is a premium quality product. This Peppermint is a strong menthol aroma with a sweet, smooth and slightly creamy texture.

Brew: One tea bag per cup for 3-5 minutes.

Quantity: 100 silk infusers per tin or refill bag.

RED FRUIT BLEND

A herbal favourite, with its deep vibrant colour and sweet, tangy, fruity, refreshing flavour. Perfect balance of apple, orange peel, strawberry, raspberry, hibiscus, rose hips and sunflower blossom.

Brew: One tea bag per cup for 3-5 minutes.

Quantity: 100 silk infusers per tin or refill bag.

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ESSENTIAL LATTE ART ADVANCED NOTES

1: RECOGNISE HOW DIFFERENT MILK COMPONENTS CAN AFFECT TEXTURING AND CREATING SHINY MICRO-FOAM:

LACTOSE: These are the natural sugars in our milk. The content of lactose is directly linked to the sweetness of the milk. A good lactose content is approximately 4-5%.

PROTEINS: These are flavourless but in the context of stretching the milk and creating foam, are the most essential component. A good protein content is approximately 3.3-4.1%.

FAT: Mostly made of heavy weight butterfat globules, there are essential for breaking down large air bubbles. They also increase mouthfeel and 'creaminess'. A good fat content is approximately 3.8-4.2%.



2: TEXTURE MILK WITH 2-STEPS AND ACHIEVE SHINY, MICRO-FOAM IDEAL FOR INTEGRATING WITH ESPRESSO.

STRETCHING: Allowing steam pressure to draw air into the milk at high velocity by raising the star lip to the milk surface. The heat and velocity of the steam breaks down the proteins in the milk and allows them to stabilise our foam. 5-30 °C

TEXTURING: Butterfat begins to melt and coat the protein bubble, any air added after 30°C will result in unstable coarse foam. At this point it is best to encourage a whirlpool within the milk jug, letting the bubbles crush against each other and break down.

Once we reach 60-65°C our sugars are caramelised, and our milk is naturally sweet.

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ESSENTIAL LATTE ART NOTES PRACTICE (ADVANCED)

1: SPEED

- Using a clean jug filled with water and a second smaller jug.
- Begin drill by pouring slowly, speeding up and slowing down again.
- Aim is to keep the stream steady and deliver smooth transitions between speeds.
- As the jug begins to empty, the pitch of the jug changes and it becomes more difficult.
- **Tip:** Never let the milk out wider than the width of the spout.

2: DISTANCE

- Pouring slowly, raise and lower the jug keeps a steady stream.
- Sometimes easier to move the vessel rather than the jug.
- A slow stream is harder to maintain than a fast stream, increasing the difficulty.
- As the jug begins to empty, the pitch of the jug changes and the exercise becomes more difficult.

3: WIGGLE

- With an empty jug, hang the handle of your index finger.
- It is recommended to hold the handle with 2 fingers inside the handle and 2 outside using the thumb as a stopper on the top.
- **Tip:** Relax wrist to allow smooth wiggle movements. Tight wrists will result in twitchy movement.
- **Tip:** Place a marble in the jug and use the motion of your fingertips to encourage a smooth wiggle motion.