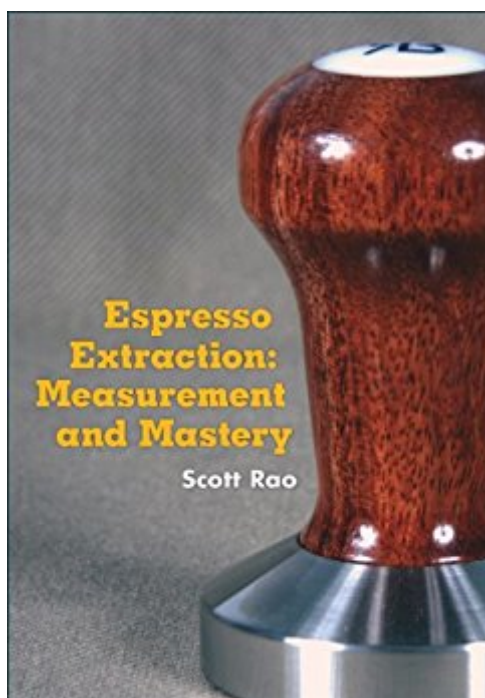


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# Espresso Extraction: Measurement And Mastery



## Synopsis

Espresso Extraction: Measurement and Mastery is the highly technical follow-up to The Professional Barista's Handbook. Baristi who have mastered Scott's earlier work will enjoy this compact ebook's new material and numerous original ideas. EEMM examines topics such as pressure profiling, portafilter basket design, and advanced use of the coffee refractometer. Scott also discusses the current popular topic of how to produce delicious coffee at extractions as high as 23%, an idea he pioneered in 2010.

## Book Information

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## Customer Reviews

I have a double boiler home espresso machine. This is a clear and logical presentation of how to tune your espresso making skills and how to determine the best settings for your machine. It is really targeted at people who run espresso shops and need to produce the best and most consistent results. I skipped the advance chapters on how to use a densitometer since I am really just doing this for my own use and was not going to purchase that expensive a test tool.

I'm a bit torn as to how to review this book. On one end, it's great information for any barista out there; on the other, it feels more like a powerpoint presentation than a full-fledged book, and really only skims the surface of the science of extraction (a lot of the information presented here could easily be found online for free). Still, it's a good resource, and one that will hopefully nudge more baristi to the geek side. I originally wanted to give this 3 stars due to how underwhelmed I felt after finishing the read in minutes, but considering the contribution of people like Scott Rao and Vince Fedele to the specialty coffee industry, I'm bumping it up to 4 stars and feeling no remorse in supporting their work with my money. On a side note, the kindle presentation is excellent and clearly shows that this book was made with the digital format in mind.

Great book for the professional barista. I use a refractometer in my shop for many reasons because of it's many uses detailed by Rao in this book. Be careful buying a specialized coffee refractometer, they are usually too expensive for the average cafe owner/operator. Rao pushes the coffee refractometer hard. With enough internet research you can find how to use a cheap brix refractometer to get very similar if not identical results. Do read the book though. Lots of good info.

It would serve you well to understand concepts like brew strength (%TDS) and extraction yield (EXT%) before you approach this book. ( For an introduction to these and other important concepts, see Scott Rao's other books: Everything But Espresso; and/or Professional Barista's Handbook, which this book greatly expands upon.) However, if you're reading this, chances are you're already familiar with Scott Rao's work. The chapters are short and the material digestible. If you're looking to take your espresso to another level (and who isn't, really?) this book is indispensable.

An excellent distillation of "scientific" espresso making. Clear and to the point, it explains what occurs "under the hood" during each stage of espresso making, provides guidelines to follow, and helped me improve the quality of my shots. Some of the topics covered:-- Coffee bean internal structure, how roasting changes it, and why those changes are necessary for proper extraction-- What grinding accomplishes-- Why VST precision filter baskets will help you pull more consistent shots-- What a refractometer will tell you and how you can use that information to pull better, more consistent shots. I learned a lot. It's well worth the ten bucks.

Although your cafe may not be able to incorporate every suggestion Rao makes, cutting down on the variables and improving your all around coffee program yields better flavor and quality for

everyone to enjoy. I personally have slowly implemented various aspects of Rao's methods with great success. As our budget allows, the improvements have brought in more customers with lots of praise, helping the tools to pay for themselves.

This is was a fun read. Sometimes a little dense, but if you work with espresso everyday and have read Rao's previous works, this is manageable and to be expected. My problem with the book is the amount of opinion that Rao presents. He makes it clear that they're only his opinions, but they are throughout the book and sometimes completely fill an entire chapter (Chapter 10: Doser Versus Doserless). This is not the be-all end-all of espresso extraction, but it presents some unique ideas from a highly respected coffee professional.

Scott Rao has produced the definitive guide to preparing coffee in a modern espresso bar. If you read all the information in his books (that means actually read!) you will be well above the majority of baristas in specialty coffee shops in terms of technical knowledge. If you are serious about quality espresso and haven't read this book, you need to.

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