



Espresso Basics

The Base of Latte,
Mochas, & More!

What is Espresso?

It has been called “concentrated coffee” and the “essence of coffee”. It is more strictly defined as the result of finely ground, compressed coffee brewed by forcing water under pressure through the grinds. Oils are extracted from the bean and emulsified in this process. The final product is an ounce or two of rich, syrupy coffee. While coffee is centuries old, espresso is really in its infancy. While invented in 1901, it became a world beverage many years later, and became popular in the U.S. in 90's. Espresso is very strong, and drinking it straight can be an acquired taste. It is often made more accessible by adding steamed milk or a splash of cream.

Myth Busters!

- Many people think espresso is very caffeinated. In fact, one shot of espresso has about the same amount of caffeine as one cup (six ounces) of brewed coffee.
- The term “espresso beans” is commonly used though espresso beans are no different from regular coffee beans. Making a quality espresso usually involves a very specific blend of coffees at different roast levels. The term “espresso” relates to the brewing method (using an espresso machine). Seemingly to confuse the average consumer, the term “espresso roast” on a coffee bag for sale simply means the roast was very dark, just before it turns to charcoal. It is often done as an attempt to replicate Italian espresso in its boldness but does not compare and can possibly ruin the natural flavors of the coffee in the process.