

# The Espresso Dial-In Cheat Sheet

Tape it to the machine. Change one variable at a time.

## The recipe that always starts right

| Variable             | Starting point                  |
|----------------------|---------------------------------|
| Dose (dry coffee in) | 18g in a double basket          |
| Yield (espresso out) | 36g (a 1:2 ratio)               |
| Time                 | 25 to 30 seconds                |
| First drips          | 4 to 7 seconds after pump start |
| Temperature          | 200F / 93C if adjustable        |

## Read the shot, then move ONE thing

| Symptom                    | Fix                           |
|----------------------------|-------------------------------|
| Sour, thin, fast (<20s)    | Grind finer                   |
| Bitter, harsh, slow (>35s) | Grind coarser                 |
| Sour AND bitter            | Raise dose 0.5g, re-taste     |
| Weak body, watery          | Tighten ratio to 1:1.8        |
| Intense but muddy          | Loosen ratio to 1:2.3         |
| Spritzing / channeling     | Distribute better, tamp level |

## The 4-step dial-in loop

| Step |   |
|------|---|
| 1    | Pull the starting recipe. Taste it before judging the numbers.    |
| 2    | Fix TIME first with grind. Get inside 25 to 30s.                  |
| 3    | Fix STRENGTH with ratio. Longer = softer, shorter = denser.       |
| 4    | Fix FLAVOR last with dose and temp, half-gram and 1-degree moves. |

## Milk, while you are at it

| Drink      | Milk texture                      |
|------------|-----------------------------------|
| Latte      | Thin microfoam, wet paint pour    |
| Cappuccino | Deep foam, stretch 3 to 5s longer |
| Flat white | Barely-there sheen, no stretch    |
| Cortado    | Steamed, nearly no foam           |

**Freshness rule:** if the beans were roasted more than 6 weeks ago, no grind setting will save the shot. Dial-in starts at the bag.

**One change at a time.** Two changes per shot means you learn nothing from either.