

COFFEE BEVERAGES

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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 beans. Espresso often has a thicker consistency than coffee brewed by other methods, a higher concentration of suspended and dissolved solids, and crema (meaning cream, but being a reference to the foam with a creamy texture that forms as a result of the pressure). 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 typical 60 ml (2 US fluid ounce) of espresso has 80 to 150 mg of caffeine, less than the 95 to 200 mg of a standard 240 ml (8 US fluid ounces) cup of drip-brewed coffee.

Espresso is made by forcing very hot water under high pressure through finely ground, compacted coffee. Tamping down the coffee promotes the water's even penetration of the grounds. This process produces an almost syrupy beverage by extracting both solid and dissolved components. It also produces the definitive cream, 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, 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. 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 pressure. Today, however, it is more common for the pressure to be generated by an electric pump.

Espresso roast Espresso is both a coffee beverage and a brewing method. It is not a specific bean, bean blend, or roast level. Any bean or roasting level can be used to produce authentic espresso. For example, in southern Italy, a darker roast is generally preferred. Farther north, the trend moves toward slightly lighter roasts, while outside Italy, a wide range is popular.

Angelo Moriondo's Italian patent, which was registered in Turin in 1884 is notable. Seventeen years later, in 1901, Milanese Luigi Bezzera came up with a number of improvements to the espresso machine. He patented a number of these, the first of which was applied for on the 19th of December 1901. It was titled "Innovations in the machinery to prepare and immediately serve

coffee beverage” In 1905, the patent was bought by Desiderio Pavoni, who founded the “La Pavoni” company and began to produce the machine industrially (one a day) in a small workshop in Via Parini in Milan.

The popularity of espresso developed in various ways; a detailed discussion of the spread of espresso is given in (Morris 2007), which is a source of various statements below.

In Italy, the rise of espresso consumption was associated with urbanization, espresso bars providing a place for socialization. Further, coffee prices were controlled by local authorities, provided the coffee was consumed standing up, encouraging the "stand at a bar" culture.

In the English-speaking world, espresso became popular, particularly in the form of cappuccino, due to the tradition of drinking coffee with milk and the exotic appeal of the foam; in the United States, this was more often in the form of lattes, particularly with flavored syrups added. The latte is claimed to have been invented in the 1950s by Italian American Lino Meiorin of Caffè Mediterraneo in Berkeley, California, as a long cappuccino, and was then popularized in Seattle, and then nationally and internationally by Seattle-based Starbucks in the late 1980s and 1990s.

In the United Kingdom, espresso grew in popularity among youth in the 1950s, who felt more welcome in the coffee shops than in public houses (pubs).

Espresso was initially popular, particularly within the Italian diaspora, growing in popularity with tourism to Italy exposing others to espresso, as developed by Eiscafès established by Italians in Germany.

In the Middle East, espresso is quite popular and becoming more widely available with the openings of Western coffee shop chains. However, the most common type of coffee remains what is popularly called in English "Turkish coffee" (although it is variously known as "Arabian coffee" or "Greek coffee" in various parts of the world) which is also served short like espresso. Turkish coffee is almost the same measure of ground coffee as an espresso, added to water and brought to a boil. It is quite common that ground cardamom is added to the blend of coffee for added flavour.

1. Today's Espresso Scene". Home Barista. Retrieved 29 April 2011.
2. "Espresso Coffee". Coffee Research Institute. Retrieved 29 April 2011.
3. What is espresso?, 1st in Coffee explains espresso coffee, Pressure brewed coffee from Italy. 1stincoffee.com. Retrieved on 2011-02-13.
4. What is Espresso. Espresso People. Retrieved on 2011-02-13.

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