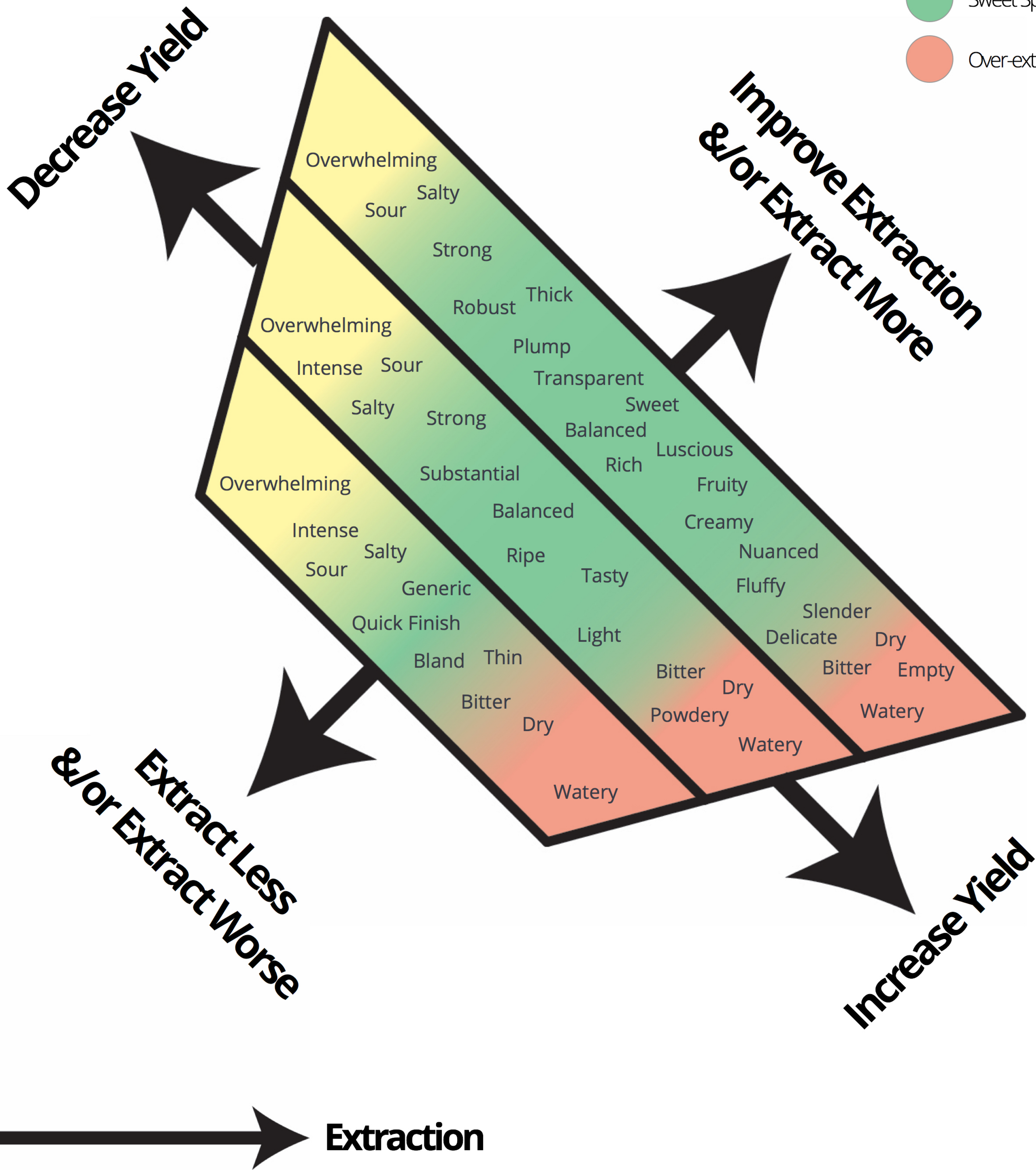


# The Espresso Compass

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- Under-extracted and Strong
- Sweet Spot
- Over-extracted and Weak



**Improve your extraction** by distributing grinds evenly, and using a good grinder/ flat and snug tamper/VST baskets/ a well developed roast.

**Increase your extraction** by making it more even or using a finer grind setting (time increase). Don't grind too fine or extraction will become uneven and decline.

**When adjusting yield,** do not change the dose. Time will change as a result. Only adjust grind if your shot time is too far off.

A more even (improved) extraction is always desirable because it:

- creates a larger sweet spot (green)
- allows for richer and sweeter espresso
- intensifies positive and unique flavours
- diminishes negative and generic flavours
- is more efficient.

If you're tasting bitterness and sourness together, your extraction is likely uneven because they can co-exist there. An even extraction has more room for Barista expression and exploration of the coffee's unique flavours without distraction.