La Specialista

- COFFEE GUIDE -



La Specialista

A coffee symphony, crafted in science.

Welcome to the world of coffee with La Specialista Maestro, the manual coffee machine that'll transform you into a true coffee expert. Like an orchestra director, who activates each misician to play as one, La Specialista Maestro grants a perfect balance between the science of coffee and the art of texturing milk. Granting the best in cup result from each type of bean and the perfect texture of the milk foam, La Specialista Maestro empowers you to master both the coffee and the milk preparation processes. Prepare yourself for an authentic experience of exotic scents and flavours. Your advanced coffee trip with La Specialista Maestro has just begun.

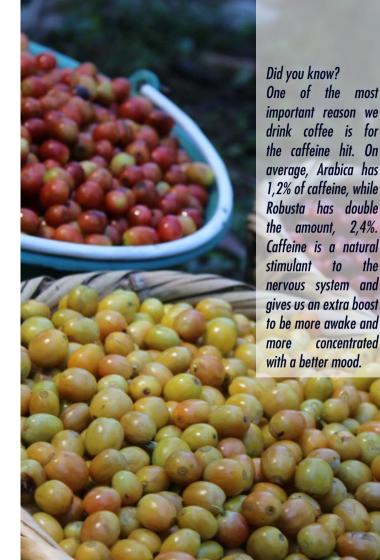
THE COFFEE PLANTATION

What's before an espresso?

Simply nature, because espresso starts like a matter of botany, fruits and cultivation. The coffee plant is an evergreen shrub that belongs to the Rubiaceae family and thrives in tropical climates. Its fruits are called berries, drupes or cherries and they are harvested mostly by pickers one by one. There are two main species of bean cultivated worldwide: Coffea Canephora and Coffea Arabica. The most common variety of Coffea Canephora is Robusta. If you're drinking a coffee right now, chances are you're probably drinking one of the two.

The smoother Arabica

The ideal climate for the Arabica species is a tropicalmountainous one, over 1,000 metres above sea level. Here there's less humidity and rainfall and the temperature range between day and night is greater. The fruit ripens more slowly allowing it to store more sugars which will be transformed into rich aromas in cup. Espresso prepared with high quality Arabica has an intensely pleasant acidity and produces a clean cup full of aromas, silky body and long aftertaste for discerning palates.



The stronger Robusta

Coffea Canephora, variety Robusta, is more resistant to diseases and pests and has a much higher yield. Robusta coffee prefers low-altitude tropical climates with more rainfall, greater humidity and higher temperatures. It is, therefore, an easier species to grow as it's more resistant to diseases and economically more profitable for coffee farmers.



The ripe cherries

Coffee harvesting is the first step to bring the fully ripe cherries to our cups. It usually occurs just once a year and can last 3-4 months. Harvesting is either manual or mechanical. Manual picking is done by pickers who pick only the ripe fruits one by one.

The mechanical method uses harvesting machines that can only operate on flat surfaces and big plantations, like in Brazil where they work 24 hours a day during harvest season. Mechanical harvesting collects ripe, over ripe and some immature beans that must be selected before processing.



Post harvest processing methods

Once the coffee cherry has been picked, processing must begin as quickly as possible to prevent fruit fermentation. There are three main processing methods: natural, wet and honey or pulped natural.

The natural method is the simplest as it doesn't require any machinery and guarantees excellent coffee bean quality. How does it work? The harvested cherries are sorted and cleaned using water. Then the selected cherries are dried under the sun for 8-12 days.

The wet method uses a depulping machine to separate the bean from the pulp. The beans are left to ferment from 8 to 72 hours, then they are washed in a concrete channel with fresh water. After channeling the wet beans are let to dry under the sun or in mechanical driers.

The honey method sits between the natural and the wet methods. It's almost entirely practiced by the specialty market and generates unique flavours, more fruity, with a pleasant sweet taste.





COFFEE ROASTING

Why is roasting so relevant for your espresso?

The answer is simple: the green bean does not give off any particular aromatic flavour when it's raw. During the roasting process the beans change colour, increase slightly in volume, lose weight and thousands of new chemical compounds are created. The darker the roast, the less moisture remains in the bean and the more fragile it becomes.

Roasting is essentially divided into three main phases:

1.The bean loses most of its moisture content, becoming cinnamon in colour.

2.The most important chemical reactions take place, like Maillard and caramelization, and the bean turns brown.

3. The roasting process is interrupted and the bean starts cooling down.

After roasting, the bean is ready for grinding.

With La Specialista Maestro you have all the tools you need to master the coffee preparation process and extract the delicious flavours and the aromas of the beans, ensuring they arrive undamaged into your cup.

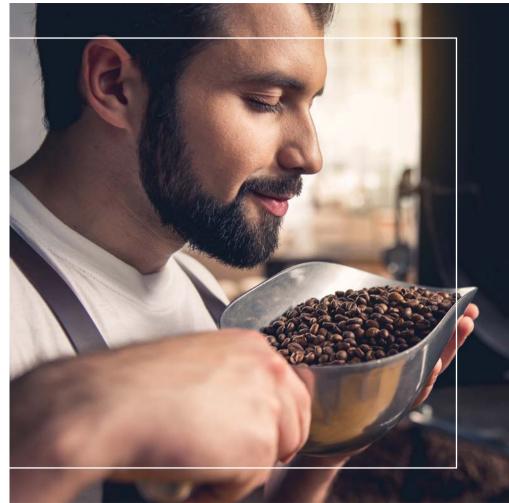
TIP!

Remember to choose the roast that matches your coffee brewing process. Usually this information is shown on the coffee beans packaging or on roaster websites.



Aromas in the air? Better in your cup

A large amount of CO_2 is created during the roasting process. After that the bean starts degassing: losing CO_2 means losing also aroma. For this reason, it's always advisable to buy freshly-roasted beans, packed in sealed bags with a one way valve that lets the gas escape and protect the beans from contact with oxygen.



Did you know?

The primary enemies of roasted coffee beans are oxygen, high storage temperatures, humidity and direct sunlight. They cause the oxidation of the bean to speed up and produce rancid aroma and flavours.

TIP!

To keep your coffee beans fresh and tasting at their best only fill the bean container with what you need and store the remainder in a vacuum sealed container in a cool dark place.



ROBUSTA





HOW TO RECOGNIZE COFFEE BEANS

It's quite easy to understand the quality of the coffee beans. The packaging and roaster websites are the best places to see the tasting information of the coffee beans. This will help you choose beans that are most likely going to match your palette of flavours.

Did you know?

Each different brewing method has its own ideal roasting profile. Usually a darker roast is for espresso, while a lighter one is for filtered coffee. However, it also depends on tastes: lighter roasting profiles are becoming more and more common. 1. Search for information on species and variety: 100% Arabica, single origin, Arabica and Robusta blends in different percentages.

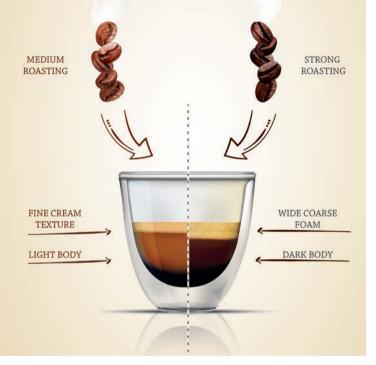
2. Identify roast levels:

- Light roast: synonymous of an espresso with thin yellow crema, higher acidity and lower in bitterness;

- **Medium roast:** golden brown crema with smooth rich flavours;

- **Dark roast:** dark brown crema with high bitterness and thicker body and lingering aftertaste.





Look for the **Coffee Beans Roasting Scale** in the "Welcome to the world of coffee" box inside the machine's packaging and follow the steps:

- 1 Take a handful of beans out of the package
- 2 Place them on the colour chip that seems closest to the beans' colour
- 3 Check the roasting level number on the back of the chip
- 4 Refer to the Settings Table to find the suggested parameters



GRINDING

If you want to brew the best cup of coffee you've ever tasted, you need to take care firstly of the grinding phase.

Grinding your beans on demand ensures the fresh grind releases the most aroma and the highest quantity of CO_2 helping you create a thicker crema on your espresso. It's important to make sure your grinder is set to the right grinding size: particles that are too fine will lead to a slow, over-extracted shot that tastes bitter and burnt, while particles that are too coarse will result in an under-extracted shot that is weak, watery and tastes sour.

Sensor **GRINDING**

The grinding levels of La Specialista Maestro go from 1 (very fine) to 8 (coarse) and they have been defined in order to produce the perfect-sized powder and the best aroma in your cup depending

on the type of coffee beans you have chosen. In fact each type of coffee beans behave differently when grinding due to their different densities.

This is why we suggest to set your grinder by following the indications on the Settings Table, available on the following pages of this Coffee Guide.

90% OF CONSUMERS AGREE THAT THE SENSOR GRINDING TECHNOLOGY ENSURES A CONSISTENT COFFEE TASTE*

COFFEE DOSE

La Specialista Maestro offers 2 filter baskets for different dose sizes:

- Single filter basket: for doses up to 12g of coffee. Best for a single espresso or a weaker large coffee.

- Double filter basket: for doses up to 20g of coffee. Best for two cups of coffee, a double shot for a larger cup, stronger single coffee or for using with lighter roasted coffee.

Set the right coffee dose by turning the dose dial in small increments starting at minimum until you have reached the mark inside the filter basket. Refer to the **Coffee Dose Graph** for a guide to set the dose for your coffee.



TAMPING

Tamping consistently with the right amount of pressure is fundamental to obtain perfect results in your cup. From 15 to 20 kgs is the ideal amount of pressure to compress the coffee grounds.

Smart **TAMPING**

The Smart Tamping technology of La Specialista Maestro allows you to reach consistent pressure results on the dose, without having any mess of spilled coffee grounds on the machine and on the working area. After grinding, simply use the lever on the left side to manually press the right force on your coffee dose.

86% OF CONSUMERS CONFIRM THE COFFEE DOSE TAMPING IS PERFORMED WITH PERFECTION LIKE A PROFESSIONAL BARISTA, EVERY TIME*

BREWING

When the water hits the ground coffee in the filter, the coffee increases in volume. During this pre-infusion phase it is important that the coffee grounds can accommodate this expansion otherwise there's a risk that under extraction can happen.

Dynamic **PREINFUSION**

Thanks to the exclusive and new Dynamic pre-infusion, La Specialista Maestro works by automatically adapting the pre- infusion length to the density of the coffee dose to ensure the entire surface of the pod is evenly and gently wet for an optimal extraction.

It's now time to brew your coffee.

Water and temperature are the main factors that contribute to the result in your cup.

Each type of coffee might need a dedicated temperature to extract the best flavours. The way in which the water penetrates the coffee dose is fundamental to a perfectly balanced extraction.

The water temperature is precisely controlled throughout the entire brewing process to ensure the ideal temperature stability for the extraction.

La Specialista Maestro offers up to 5 infusion temperature profiles to select, correspondent to a range of temperatures between 90° and $98^\circ C.$

Coffee bean varieties as well as roasting colours require their own specific temperature setting for the best extraction. For example a lower temperature is preferred for Robusta coffee beans than for Arabica; the same is applicable to beans with a darker roasting colour or to freshly-roasted beans than those degassed over time. To understand what the ideal temperature to brew your coffee is, refer to the Settings Table.

ACCORDING TO 91% OF CONSUMERS, "I CAN ENJOY PERFECT TEMPERATURE ON EVERY BEVERAGE I PREPARE"*

COFFEE DOSE GRAPH



^{*}Independent panel test with 44 Australian consumers, April 2019





Q:0

These settings are our best recommendation but the taste in the cup is always your best guide, especially because there are so many variations of beans and blends on offer. Have fun experimenting with the flavours and suggested settings to find your perfect cup.

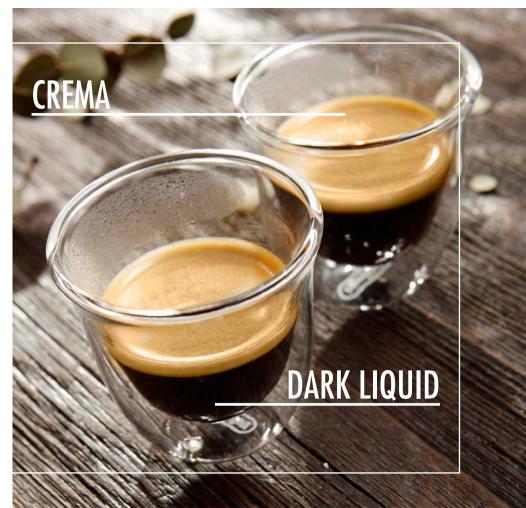
*This temperature refers to the water inside the thermoblock. This differs from the temperature of the beverage in the cup or the temperature measured when the beverage comes out from the portafilter spouts.

ANATOMY OF AN ESPRESSO SHOT

Espresso is simple enough: the crema and the dark liquid, in two layers.

On top is the golden thick crema, consisting of micro bubbles made out of gas. Crema, acting as a stopper, restrains the volatile aromas contained in the underlying liquid for longer.

The main part of the espresso is the dark liquid that contains dissolved sugars, acids, salts, caffeine and other substances. This is the part that contains most of the delicious, rich flavours and aromas that we love in a great cup of espresso.



How to evaluate the characteristics of the crema? By colour, texture, consistency, elasticity and persistency.

Colour: perfect extraction gives the crema an hazelnut colour. Under-extraction or old roasted coffee produce a colour that goes from light yellow to pale hazelnut.

Over-extracted coffee or blends with a high percentage of Robusta produces a colour from brown to dark brown.

Texture: is the thickness of bubbles. Arabica light roasted coffee typically produces a fine texture, dark roasted beans and Robusta produce a coarser texture.

Consistency: is the crema's ability to remain compact as if it were whipped cream. Usually the best consistency is obtained by using blends of Arabica and Robusta roasted medium/dark for espresso.

Elasticity: is the principle by which, if you break the crema with a spoon, it stretches back over the coffee.

Persistency: is the ability of the crema to stay over time, until the last drop.



Did you know? How manv CUDS coffee of VOU can drink in a day? The quantity depends subjective on the capability of your body to metabolize the caffeine molecules. If you want to drink more espresso shots, while avoiding too

much

remember

caffeine,

use

to

100% Arabica beans

and the ristretto recipe – less water used, less

caffeine in the drink.

ALONE COFFEE IS PLEASURE, WITH MILK IS LOVE

De'Longhi has combined its design talents and technical expertise with its passion for coffee to offer you a perfect mix of pleasure in all of the coffee-based milk drinks.

Just like with the espresso, milk also deserves attention, as it is a key part of the final beverage.

The higher quality of milk, the better the final result.





EXPERIMENT AUTHENTIC MILK CREATIONS

In Latte Art, microfoam texture and temperature are the two elements that, when combined, play an essential role in achieving the desired result.

What are the characteristics of a good microfoam?

It should be velvety, silky smooth, dense with little to no air. In other words, the perfect milk froth to create tasting creamy and delicious Latte Art.

Creating microfoam is not an easy task and requires you to put your barista skills to good use!

Temperature

When preparing the milk, temperature is a crucial element both at the beginning and at the end of the process.

The first thing to do to ensure a correct texturing time is to start with fresh cold milk from the fridge.

The end temperature, too, is critical: when milk exceeds $65-70^{\circ}$ C the fats it contains begin to separate, and this leads to a loss of texture but also to a souring of the coffee flavour.



HOW TO MAKE A LONG LASTING FOAM?



To make the froth, put the nozzle on the surface of the milk and air will catch by the mixing of milk and steam.





Move the milk jug slowly downwards. The volume increases. Keep the steam nozzle just on the surface, careful not to make big bubbles by letting too much air in.





Insert the steam nozzle just under the milk: this create a vortex. Once the desired temperature and texture are reached, turn the steam knob off and wait till steam stops completely before removing the jug.



QUICK TIPS AND THINGS TO KNOW

Clean the steam wand with a small amount of steam before use and wipe it with a cloth. This ensures the flow is correct and there are no residual milk fat deposits in the way.

Fill the stainless steel milk jug to about 1/3 full, as when you steam milk it will increase in volume.

Fresh is best: always use cold milk, just out of the fridge, and never reheat it. In fact, cold milk enables the proteins, which are responsible for creating and stabilizing the milk froth, to keep it thick and creamy.

When you've finished steaming, swirl the jug and tap gently on the surface to remove any unwanted bubbles in the milk.

Clean the steam wand before and after steaming, taking care to purge steam and wipe the wand each time.

When making Latte Art, practice makes perfect. The trick to know the correct temperature is to hold the side of the jug while texturing the milk. Once you cannot hold your hand on the jug for more than three seconds the perfect temperature is reached and it's time to turn off the steam wond. As an alternative, you can use a milk frothing temperature thermometer.





ENJOY DELICIOUSLY TEXTURED DRINKS, EFFORTLESSLY

La Specialista Maestro not only offers an authentic manual experience, but also simplicity and convenience thanks to the fully automatic milk option.

De'Longhi engineers have perfected the method of skillfully mixing air, milk and steam with absolute accuracy to create the ultimate soft but compact milk froth. To have the best end-result in cup, fresh semi-skimmed milk straight from the fridge is the best choice, because it has the best proportions of proteins and fats. Proteins give consistency and volume to the milk froth, while fats provide creaminess and taste.

De'Longhi laboratory technicians have made several tests showing that LatteCrema System still works with plant-based drinks even though quality results may differ according to of the type of plantbased drink used or by the specific milk brand.

Soy is really similar in terms of proteins and fat content to semiskimmed milk, thus a high density foam can be achieved and it will



not deteriorate quickly.

Baristas state almond is easy to work with when heating and aerating.

Oats are high in protein and fibre. This option is probably the closest to dairy in terms of texture and taste and it froths well.

Rice is the thinnest of the alternatives to cow's milk. Its lack of proteins meaning it can't produce the same quantities of milk froth, but dence enought to be incorporated into the coffee.



PAIRING WITH COFFEE LIKE AN EXPERT

Espresso and frothed milk, no matter whether in a cappuccino or latte, allows the coffee enthusiast to best enhance the aromatic characteristics of a good espresso combined with those of good milk. A dense and compact milk froth with a particularly fine texture, perfectly matches with that of an espresso, producing a unique and sweet mix. Today, for all those who have a lactose intolerance or due to ethical reasons or simply because they want to change the classic match with cow's milk, plant-based drinks can be an easy to find alternative. Whereas cow's milk tends to be neutral at the palate, plant-based milks have recognizable flavour profiles.

Choosing the right milk to blend with the coffee, depends on the variety of the beans and their level of roasting. Making the right pairing can definitely enhance both the aromas of coffee and those of the plant-based drink. In order to pair the right milk alternative with the right coffee, you just need to get a little familiar with the flavour profiles of the various coffees:

Arabica coffees from East Africa have floral and fruity aromas with a pleasant acidic taste, pairing best with plants drinks made with oat and almond.

Arabica coffees from Central and South America have stone fruits and bakery aromas, with a good sweetness, sometimes with a light acidity, pair well with plant drinks made with soy, oat and almond. Arabica coffees from Asia and all Robusta origins have bakery, cocoa, pipe tobacco, spicy aromas with an intense body and bitter taste. These pair well with plant-based drinks made with soy.

De'Longhi professional tasters have tried hundreds of different recipes with the result of a top pairing list.

SOY AND OATS PAIR BETTER WITH

- Arabica and Robusta blends with MEDIUM DARK and DARK roast.

- Blends 100% Arabica MEDIUM DARK and DARK roast.

The intense aromas of bakery, toasted bread, pipe tobacco and bitter cocoa with a strong bitter note are enhanced.

- Single origin Robusta: Indonesia Java and India Cherry with MEDIUM DARK and DARK roast.

Aromas of wood, tobacco leaf, cocoa and spices, a pronounced bitter taste and an intense aftertaste are intensified.



- Single origin Arabica: Ethiopia, Kenya, Panama with MEDIUM and LIGHT roast.

- 100% Arabica coffee blends with LIGHT roast.

For who appreciate medium/high acidity with fruity and floral aromas. The final cup will remain pleasantly acidic and sweet, with a soft and creamy body and with biscuit, citrus, honey and milk chocolate aromas.



SOY AND ALMOND PAIR BETTER WITH

- Single origin Arabica: Brazil, Mexico, Guatemala, Honduras, Indonesia, India, Jamaica Blue Mountain with MEDIUM roast. Single origins are roasted coffees that come from a single production country and are able to express into the cup the best of a particular terroir. Soy and almond are able to boost a pleasant bakery aroma such as biscuit, caramel, caramelized milk, candied fruits, milk chocolate, roasted nuts, with a medium body and an elegant and persistent aftertaste.

ALMOND PAIRS BETTER WITH

- 100% Arabica coffee blends with MEDIUM roast.

Good aromatic bakery bouquets with dark caramel, dark chocolate and roasted nuts aromas, a pleasant balance of sweet and bitter tastes and a pleasant liquorice aftertaste.

Potato Honey White chocolate Butter Cardamom Cinnamon Clove White pepper Hazelnuts Walnut Almonds Caramel Cocoa bean Cookies Roasted bread Tobacco Lemon blossom Orange blossom

Violet

Rose Jasmine Citrus Peel Ornesice

Orles

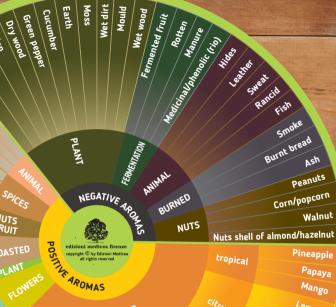
Raisins

Fies

Onion

NUTS FRUIT

pea



Sweat Rancid

Fish

Smoke

Burnt bread

Ash

Walnut

Pineapple

Papaya

Mango

Peanuts

Corn/popcorn

Pink grapefruit canaled trul dehrdrated Bergamot fruits Mandarin black wild berries Orange Deel red wild berries Policor Peach Wild strawberry Black currant Plum Cherry Raspberry Apple Blueberry Blackberry Currant Apricot Plum Pear

The extraction method of espresso allows most of the roasted bean compounds to end up in the cup with an extraordinary aromatic complexity.

This makes the espresso a unique sensory experience.

What exactly is taste?

There are five tastes which stimulate and are perceived by our taste buds: sweet, salty, sour, bitter and umami. They all are related to each other and the flavours of various foods and beverages are



essentially a combination of these five components.

The espresso flavours

Coffee drinks have a natural balanced combination of three tastes: acidity, sweetness and bitterness.

Acidity

A low acidity is pleasurable because it often reminds us of ripened fruits. Too much acidity could lead to an unpleasant perception, caused by excessively light roasting or perhaps even under extraction. You can choose a darker roasting level or change the La Specialista Maestro setting parameters to correct the under extraction.

Bitterness

High quality coffee has a low bitterness and is characterized by aromas of grapefruit, liquorice, roasted cocoa beans or rhubarb. Robusta variety, dark roasted beans and over extracted coffee produces higher bitterness levels in the drink.

If you are bothered about it and you want to decrease it change

TIP!

For a better tasting experience, we recommend pre-heating your cup. Avoid eating very hot and chilly spices or drinking very cold sparkling drinks just before tasting. your beans, preferring lighter roasting colours and 100% Arabica. In case of over extraction, change the brewing parameters on the La Specialista Maestro.

The tactile sensations, body and mouthfeel

Espresso produces a thick and intense body and a variety of sensations in the mouth. Positive mouthfeel characteristics of espresso coffee are smooth, creamy, buttery, velvety, silky; the



negative ones are dry and astringent. Robusta always causes some astringency.

Aftertaste

Espresso has the most complex, intense and long aftertaste. Aftertaste is everything you can perceive in your palate after drinking your coffee. Coffee is rich in oils that remain attached to your palate for a long time.

Tasting experience, like a coffee expert

Now it's your turn to be a real coffee expert: prepare an espresso with La Specialista Maestro and start smelling it, breaking the crema with a spoon. In order to recognize all the aromas, simply follow the Aroma Wheel, starting from the centre. Are you recognizing positive or negative aromas? If you move toward the edges of the wheel, you are becoming more and more expert and able to get specific descriptions. This is what the wheel is meant to do, enable anyone to recognize as much of the aroma as possible. Now let's practice to become a real coffee expert.

TIP!

Is your espresso shot weak? Check your La Specialista Maestro Settings Table and try to grind the beans finer and/or increase the coffee dose in the filter and/or increase the water temperature.

HOT **COFFEE RECIPES**

COCONUT CINNAMON LATTE (to be served in a large glass)

1 double espresso - 20 ml of cinnamon syrup - 30 ml of hot coconut milk — Fill the glass with frothed milk - Garnish with a cinnamon stick and cocoa powder.

ESPRESSO MOKA (to be served in a glass)

Garnish the inside of the glass with hazelnut syrupe to taste, add 1 single espresso and 40 ml of hot chocolate - Fill the glass with frothed milk - Garnish with chocolate flakes and cocoa powder.

CHAI CAPPUCCINO (to be served in a cappuccino cup)

1 double espresso - Chai spice mix to taste with a portion of honey or alternatively 20 ml of chai syrup - Fill the cup with frothed milk Garnish with a sprinkle of chai spice mix.

APPLE AND CARAMEL LATTE (to be served in a cappuccino cup)

1 single espresso - 20 ml of caramel syrup - 40 ml of apple puree - Fill the cup with frothed milk - Top with whipped cream - Garnish with two slices of dried apple.

COLD **COFFEE RECIPES**

ESPRESSO MOKA (to be served in a large glass)

Ice to taste - 20 ml of mint syrup - 1 double espresso poured over ice - Fill the cup with cold milk - Top with whipped cream and garnish with chocolate flakes and two fresh mint leaves.

CHAI CAPPUCCINO (to be served in a glass)

Ice to taste - 40 ml of almond syrup - 1 double espresso poured over ice.

Two scoops of hazelnut or vanilla ice cream - 1 double espresso poured over ice cream - Garnish with chocolate flakes if you used hazelnut ice cream, with chopped hazelnuts if you used vanilla ice cream.

Create your personal coffee diary with your favourite drinks and preparations	
Coffee Beans Type 👧	Roasting 👸
Grinding level 🎡	Dose 🔄
Water temperature for infusion 🛞	Flavour 🛞
Best for	
	Rating 公公公公

Create your personal coffee diary with your favourite drinks and preparations	
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