

COFFEE CONVERSION

This is an item about discovery, enthusiasm and research. All prized qualities in the Educational Psychology Group. As some of you know, I didn't drink coffee at all until nearly three years ago, when a friend encouraged me to try a *caffè corretto* on a trip to Venice. That's an espresso with grappa in it. I tried espresso by itself and realised that it is a potentially interesting, complex drink. I started making coffee at home, initially inspired by Inspector Montalbano to use a stove top (or *moka*) pot. I then got an *aeropress* (invented by the inventor of the Frisbee), which brews coffee of exceptional clarity. But neither of these can produce espresso.

I carried out some research into home espresso making that led me to *Coffee Forums UK*, an online forum for speciality coffee... well, geeks, probably, but very likeable and helpful ones. I joined the forum in April, 2014 and on Good Friday, 2014, on my way to the traditional Good Friday track cycling racing at the Lee Valley Velodrome, I detoured to a small block of flats in the Elephant and Castle, to pick up a second hand (much second hand) Gaggia Classic from another forum member. I had learnt that this is the best entry-level espresso machine you can get, that the version that I was buying had been modified to so that it delivers the optimal amount of pressure through the coffee grinds.

I also learnt that more important than the espresso machine is a high quality burr grinder, to ensure a fine enough grind and a regular distribution of the ground up bits of coffee bean. And, of course, I learnt that it is ffff9(f)4(i) coFridigrittVedeo(e)-262-2.0(r)-(e)

