

FREE DOWNLOAD

Grind Size Chart

Grind is the biggest lever on your shot. This chart maps grind → shot time → taste.

How grind size moves your shot

Finer grind = more resistance = slower shot = more extraction. Coarser = faster = less extraction. Your job: land in the 25–30 second window, then fine-tune by taste.

Grind	What it looks like	Shot time (18 g in)	Taste clue	Fix
Way too fine	Flour / powder	40 s+ or choked	Harsh, dry, bitter	Go much coarser
Too fine	Fine table salt	33–40 s	Heavy, bitter edge	Go coarser
Just right	Fine sand	25–30 s	Sweet, balanced	You're dialed in
Too coarse	Coarse sand	18–24 s	Thin, sour	Go finer
Way too coarse	Sea salt	Under 18 s	Watery, very sour	Go much finer

Grinder starting points

Grinder	Espresso starting point	Step size tip
Baratza Encore ESP	8–10	1 step ≈ 2–3 s shot-time change
Eureka Mignon series	Mid-dial (stepless)	Tiny turns — 1/8 rotation at a time
DF54 / DF64	Mid-fine on the dial	Mark your zero; move in small notches
1Zpresso J / K hand grinder	1.2–1.6 full rotations	Count clicks from true zero
Breville/Sage built-in	Inner 6, outer 10–15	Adjust inner burr for big jumps

Golden rules: only change ONE variable per shot. Purge 2–3 g after every grind change. Beans age — expect to grind a touch finer as they degas over 2–3 weeks.

Quick troubleshooting

Symptom	Likely cause	First move
Channeling / spurting	Clumps or uneven tamp	WDT + level tamp
No crema	Stale beans or too coarse	Fresher beans, grind finer
Sour even at 30 s	Under-extracted	Finer grind or 1:2.5 ratio
Bitter even at 25 s	Over-extracted	Coarser grind or 1:1.5 ratio