



ISTITUTO
NAZIONALE
ESPRESSO
ITALIANO

The Certified Italian Espresso and Cappuccino



Italian Espresso National Institute

Espresso is now one of the most successful symbols of “*made in Italy*” worldwide. It is also one of those that are copied the most, often with very poor results. It is not rare for the word espresso, coupled as it may be with other words or symbols evoking the spirit of Italy, to conceal all kinds of preparations, often in very bad taste. Therefore, in 1998, the Italian Espresso National Institute was founded to safeguard and promote espresso - after three years of research, in collaboration with the International Institute of Coffee Tasters and the Taster Study Center (Centro Studi Assaggiatori), aiming at defining the profile of high quality espresso. In a little more than one year, the Institute obtained certification for espresso coffee with the mark Espresso Italiano (certificate of product conformity of Csq n. 214 of 24 September 1999, DTP 008 Ed.1) and in 2006 the Institute obtained the certification for Cappuccino Italiano as well.

Coffee bars serving the Certified Italian Espresso use a qualified coffee blend, qualified machine and grinder-dispenser and qualified personnel. Only by complying with the three conditions above, under the supervision of the experts from the Italian Espresso National Institute and of the auditors of the Certifying Body, is it possible to offer the consumer a coffee identified by the certification mark “Espresso Italiano”. With the addition of fresh milk, frothed by proper practices, this becomes the Certified Italian Cappuccino.



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Certified Italian Espresso



What is espresso?

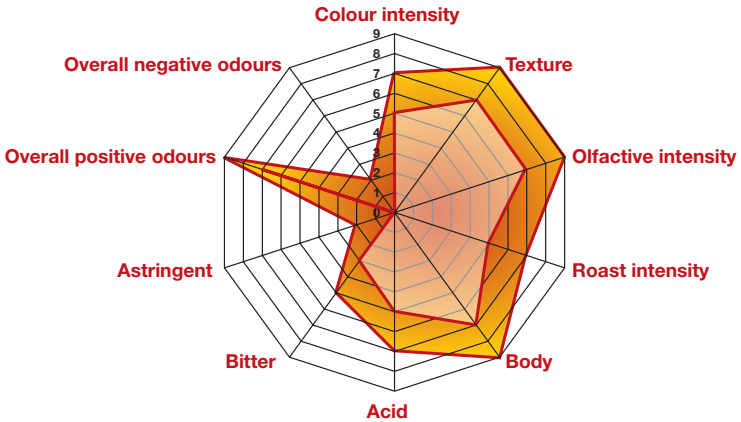
It is the best way to obtain from roasted coffee beans all the pleasure that they are able to give. Espresso is the drink obtained by forcing adequately pressurised hot water through coffee powder. Espresso coffee should not contain any additive or flavouring and should be free of any artificially added water.



What is the Certified Italian Espresso?

It is the drink-in-a-cup conforming to the strict production specifications issued by the Italian Espresso National Institute and approved by a third-party Body operating in conformity with ISO standard 45011, (Csqa certificate n. 214 - 24 September 1999). The sensory profile of the Certified Italian espresso has been determined through thousands of consumer tests carried out by the Italian Espresso National Institute

in collaboration with the International Institute of Coffee Tasters and the Taster Study Center. The combined results of consumer tests and laboratory tests have given the definition of high quality espresso, as reported below:



What is the Certified Italian Espresso like?

On sight, Italian Espresso has a hazelnut-coloured froth, verging on dark brown with tawny hinges. This cream has a very fine texture, which means that its mesh is tight and large or small bubbles are absent. The nose reveals an intense scent with notes of flowers, fruits, toasted bread and chocolate. All of these sensations are felt also after swallowing the coffee in the long lasting aroma that remains for several seconds, sometimes even for minutes. Its taste is round, substantial and smooth. Sour and bitter are well balanced and neither one prevails over the other. Astringency is absent or barely perceptible.



How to make a Certified Italian Espresso?

The Certified Italian Espresso can only be obtained from a qualified blend processed by means of a qualified machine and grinder-dispenser at the hands of a qualified barista, the Espresso Italiano Specialist. These four elements are fundamental.

How is the quality of the Certified Italian Espresso assessed?



Everything bearing the Espresso Italiano certification mark (illustrated here on the side) is regularly tested by a panel of expert tasters, according to the scientific rules of sensory analysis. The data obtained is statistically processed to verify the tasters' reliability and the conformity of the coffee with the profile of Certified Italian Espresso. Then coffee machines, grinder-dispensers and blends are tested at regular intervals to guarantee the consistency of the sensory profile set forth by the standard.

Why certify sensory quality?

Sensory quality certification is the best means to guarantee the consumer the consistently high quality of espresso in a cup. Indeed, the whole certification process is aimed at providing the consumer with an espresso having the declared characteristics.

Where can Certified Italian Espresso be found?

Only in bars and restaurants affixing the certification mark Espresso Italiano. The quality of the product offered in these points of sale is controlled by the Italian Espresso National Institute under the supervision of a certifying body operating in conformity with ISO Standard 45011.



See www.espressoitaliano.org for the full list.

How can the certification mark Espresso Italiano be obtained?

Bars and restaurants can submit their application to a producer of blends or equipment that is an associated member of the Italian Espresso National Institute. The Institute shall assess if the fundamental conditions are in place: qualified blend, qualified machine, qualified grinder-dispenser and qualified operator. Operators can qualify and become Espresso Italiano Specialist by attending the courses organised all over Italy and after passing the final exam.

What are the most important technical parameters to make a Certified Italian Espresso?

The essential requirement is starting from a qualified blend that is processed by means of a qualified grinder-dispenser and a qualified machine at the hands of a qualified operator, and complying to a few important parameters:

Necessary portion of ground coffee	7 g \pm 0,5
Exit temperature of water from the unit	88°C \pm 2°C
Temperature of the drink in the cup	67°C \pm 3°C
Entry water pressure	9 bar \pm 1
Percolation time	25 seconds \pm 5 seconds
Viscosity at 45°C	> 1,5 mPa s
Total fat	> 2 mg/ml
Caffeine	< 100 mg/cup
Millilitres in the cup (including froth)	25 ml \pm 2,5

What is the ideal cup for Italian Espresso?

It is a white china cup, free of any inside decoration, elliptical in shape, with a capacity of 50-100 millilitres. This is the only cup whereby it is possible to fully appreciate the look of an excellent froth, the precious smell and the warm and smooth taste of espresso.



Certified Italian Cappuccino



What is Certified Italian Cappuccino?

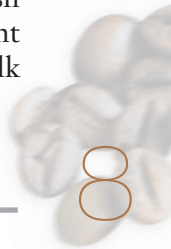
Based on the experimental research carried out by the Italian Espresso National Institute, a high quality cappuccino that abides by tradition is made of 25 ml espresso and 100 ml steam-foamed milk.

At the basis of a Certified Italian Cappuccino there is always a Certified Italian Espresso, that is an espresso made in conformity with the rules set forth by the certification required to obtain the mark Espresso Italiano (certificate of product conformity CSQA n. 214 of 24 September 1999, DTP 008 Ed. 1).



What kind of milk shall be used?

The experiments carried out by the Italian Espresso National Institute produce clear evidence that the milk used for Certified Italian Cappuccino shall be fresh cow milk and have 3.2% minimum protein content and 3.5 % minimum fats. This is the only kind of milk that can guarantee a high quality sensory profile.



How to make a Certified Italian Cappuccino?

A hundred millilitres of cold milk (3-5°C) are steamed until they achieve a volume of approximately 125 ml and a temperature of approximately 55°C and then poured onto a Certified Italian Espresso into a cup of 150-160 ml capacity. Its preparation is entrusted to an Espresso Italiano Specialist, a professional barista trained by the Italian Espresso National Institute and by the International Institute of Coffee Tasters.



What is the Certified Italian Cappuccino like?

From a sensory standpoint, Certified Italian Cappuccino is of a white colour, trimmed with a brown edge of various thickness in the classical cappuccino, with decorations ranging from brown to hazelnut in the decorated cappuccino. The cream has a tight mesh with very fine or absent eye formation. The Certified Italian Cappuccino has an intense aroma combining the underlying scents of flowers and fruits with the bolder scents of milk, of toasted (cereals, caramel), chocolate (cocoa, vanilla) and dried fruits. Negative smoky and bio-chemical negative odours are absent. It discloses its remarkable body through an inviting sensation of cream and of high spherical perception, supported by a mild bitter taste and by a balanced, almost imperceptible acidity. Astringency is practically absent.

What is the ideal cup for cappuccino?

It is a white feldspathic china cup, containing approximately 160 millilitres, the correct measure to contain 25 ml espresso and 100 ml steam-foamed milk (growing to a volume of about 125 ml). Cappuccino shall indeed be served in a cup that is full to the brim and its dome-shaped top shall be well in evidence. The shape is important too, because the moment when the steamed milk is poured is the exact moment when coffee

is incorporated, thus creating that perfect ring trimming

the surface of classical cappuccino. Therefore, the bottom should be

elliptical, of different thickness. The top, of adequate width, should have a

rather thin edge to convey the idea of elegance.



Where can a Certified Italian Cappuccino be tasted?

Only in bars and restaurants serving Certified Italian Espresso. The quality of the product offered in these points of sale is controlled by the Italian Espresso National Institute under the supervision of a certifying body. See www.espressoitaliano.org for the full list.



ISTITUTO INTERNAZIONALE
ASSAGGIATORI CAFFÈ

International Institute of Coffee Tasters

The International Institute of Coffee Tasters is a nonprofit association, supported by members' fees. It was founded in 1993 with the aim of compiling and spreading a scientific coffee tasting method. Since its foundation, the International Institute of Coffee Tasters has held hundreds of training courses attended by over 4500 operators and connoisseurs from all over the world. The manual "Espresso Italiano Tasting", published in Italian and English, has been translated into Spanish, Portuguese, German, French and Russian. The International Institute of Coffee Tasters is complemented by an important scientific committee, which plans the research to keep abreast of any innovations in the coffee sector. The committee comprises university professors, technicians and professionals.

More information at:

www.coffeetasters.org – info@coffeetasters.org



**CENTRO STUDI
ASSAGGIATORI**

Taster Study Center

The Taster Study Center is the most advanced and comprehensive research unit in Italy on sensory analysis. Founded in 1990, each year it carries out thousands of consumer tests to assess the perceived quality of products and services. Today the Center has one of the largest archives of historical records in Italy, mirroring changing tastes and trends. The Taster Study Center collaborates in research with several Italian and foreign universities. With its training courses in sensory analysis the Taster Study Center has provided hundreds of sensorialists with their basic knowledge and has trained hundreds of judges and panel leaders for private companies and public bodies. It publishes *L'Assaggio*, the only Italian magazine dedicated to sensory analysis, and a series of publications entirely dedicated to this subject.

More information at:

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