



HOW TO POUR THE PERFECT PINT



1. The Glass



2. The Angle



3. The Pour



4. The Settle



5. The Top-up



6. The Presentation

Good things come to those who wait

"It takes 119.5 seconds to pour the perfect pint"

From an interview with Guinness brewmaster Fergal Murray on [esquire.com](#)

1. The Glass

"The bartender takes a dry, clean glass, which should be a 20-ounce tulip pint glass," Murray says. "The internal aerodynamics of a tulip glass allows the nitrogen bubbles to flow down the sides of the glass, and the contour 'bump' in the middle pushes the bubbles back to the center on their way up."

2. The Angle

"The glass should be held at a 45-degree angle under the tap. The tap faucet should not touch the tulip glass or beer. If you just hold it straight under the faucet, you'll get a big block of bubbles and a fish eye."

3. The Pour

"Let the beer flow nice and smoothly into the angled glass and fill it up three-quarters of the way."

4. The Settle

"Let it settle. On the way through the faucet, the beer passes through a five-hole disk restrictor plate at a high speed, creating friction and bringing out nitrogen bubbles. The bubbles are agitated now -- they can't go back into the solution, so they flow down the interior sides and back up the middle -- but they can't escape. So they build this wonderful, creamy head on top. It's like an architect building a strong foundation."

5. The Top-Up

"Once it settles, you want to fill up the glass and top it off. You allowed it to settle, you created a domed effect across the top of the pint, and now your head is looking proud over the glass. That's the perfect vision of the perfect pint."

6. The Presentation

"You drink with your eyes first. The cosmetic look of the pint is critical to the Guinness experience. We don't want anybody just putting liquid in a glass. And finally, drink responsibly."