ground. This approach therefore has the disadvantage that an adjustment during the grinding operation must be made very quickly after the start of the grinding operation, for example within a few seconds.

The object of the present disclosure is therefore that of providing a method which facilitates the adjustment of a grinder, in particular a method which enables the user of the grinder to carry out the adjustment of the grinder within a larger period of time.

In a first aspect, the present disclosure provides a method for the grinding of grinding material by at least one grinder, the method comprising: actuating the grinder in a first direction for grinding of the grinding material; and actuating the grinder in a second direction different from the first direction; characterized in that the grinder is actuated in the second direction after completion of the grinding of the grinding material in response to a user input and/or automatically in response to a number of actuations of the grinder in the first direction.

In a second aspect, the present disclosure provides a coffee machine having at least one grinder and a data processing device comprising means for carrying out the method according to the first aspect.

In the case of the method of the type mentioned at the outset this object is achieved in particular in that the grinder is actuated in the second direction after completion of the grinding of the grinding material in response to a user input and/or automatically in response to a number of actuations of the grinder in the first direction.

The actuation of the grinder in the first direction can, for example, be a first (rotational) movement of a first grinding element, e.g. a grinding cone, relative to a second grinding element, e.g. a grinding ring, for grinding material in a grinder. The second direction can, for example, be a (rotational) movement counter to the first direction. The first and/or the second direction can also be an axial movement of the first grinding element relative to the second grinding element. The actuation of the grinder in the second direction can, for example, be the enlargement of a grinding gap. By actuating the grinder in the second direction, a grinding material, ground grinding material or a mixture of grinding material and powder located in the grinding gap can be conveyed out of the grinding gap. In other words: actuating the grinder in the second direction relieves the grinder.