

Espresso & Milk Coffee Measurements + Preparation Steps

General Espresso Parameters (apply to all drinks)

- Beans (dose): 18 g
- Ground coffee: 18 g
- Espresso yield: 36–40 g (double shot)
- Water pushed through puck: 65–70 g
- Brew ratio: 1:2
- Tamp firmly and evenly
- Brew time: 25–30 seconds

Milk & Drink Composition Table

Drink	Milk to Frother (ml)	Final Milk in Cup (ml)	Special Notes
Flat White	130	110–120	2–3 mm velvety microfoam
Latte	260–280	220–250	~1 cm light foam
Cappuccino	150–160	120–130	2–3 cm airy foam
Cortado	80–90	60–70	Thin microfoam
Mocha	240–260	200–220	+20–30 g chocolate syrup/sauce
Macchiato	15 (foam only)	10–15 (foam only)	1–2 teaspoons foam only
Americano	—	—	Add 120–150 ml hot water
Long Black	—	—	80–100 ml hot water first

Preparation Steps (Detailed)

Flat White

- Extract a double espresso (36–40 g).
- Steam 130 ml milk to silky microfoam with minimal aeration.
- Keep milk glossy and smooth.
- Pour steadily for a velvety finish.

Latte

- Extract a double espresso.
- Steam 260–280 ml milk with moderate aeration.
- Create 1 cm foam layer.
- Pour slowly to keep layers stable.

Cappuccino

- Extract a double espresso.
- Steam 150–160 ml milk with strong aeration.

- Build a thick 2–3 cm foam cap.
- Pour to preserve airy texture.

Cortado

- Extract a double espresso.
- Steam 80–90 ml milk lightly for thin microfoam.
- Pour gently and evenly.

Mocha

- Add 20–30 g chocolate syrup to cup.
- Extract double espresso directly into chocolate.
- Steam 240–260 ml milk.
- Pour and swirl gently to mix.

Macchiato

- Extract double espresso.
- Add 1–2 teaspoons of foam only.
- Do not use steamed milk.

Americano

- Add 120–150 ml hot water to cup.
- Pour espresso on top to preserve crema.

Long Black

- Add 80–100 ml hot water first.
- Pour espresso on top to maintain crema.