

Espresso & Milk Coffee Measurements + Prep Steps + Drink Explanations

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

What Makes Each Drink Special

Flat White

A strong, coffee-forward milk drink originating from Australia/New Zealand. It has a velvety microfoam texture and a more concentrated coffee flavour than a latte.

Latte

A milky, smooth, and gentle coffee drink with a light foam layer. It highlights milk sweetness and is the mildest espresso–milk ratio drink.

Cappuccino

A balanced drink with equal parts espresso, steamed milk, and foam. Airy, fluffy, and lighter in mouthfeel, with a stronger coffee punch than a latte.

Cortado

A 1:1 espresso-to-milk drink with very thin microfoam. Strong and direct, designed to retain espresso intensity while softening acidity.

Mocha

A latte with chocolate added. Sweeter and richer, combining espresso bitterness with chocolate sweetness and steamed milk creaminess.

Macchiato

The purest espresso-based drink apart from straight espresso. Just a touch of foam marks ('macchia') the espresso without diluting it.

Americano

Espresso diluted with hot water, making it similar in strength to drip coffee but with more espresso flavour and aroma.

Long Black

Hot water first, espresso on top. This preserves crema and produces a stronger flavour than an Americano.

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
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.