

# **Espresso & Milk Coffee Guide (2■Page Edition)**

## **General Espresso Parameters**

- Beans (dose): 18 g
- Ground coffee: 18 g
- Espresso yield: 36–40 g
- Water through puck: 65–70 g
- Brew ratio 1:2 · Brew time 25–30s · Tamp firmly

## **What Makes Each Drink Special**

**Flat White:** Coffee-forward, velvety drink with thin microfoam; stronger than a latte.

**Latte:** Mild, milk-sweet drink with a thin layer of foam; smooth and gentle.

**Cappuccino:** Equal espresso, milk & foam; airy, fluffy, and bold.

**Cortado:** 1:1 espresso to lightly textured milk; strong and balanced.

**Mocha:** Latte with chocolate; rich, sweet, and dessert-like.

**Macchiato:** Espresso with a small scoop of foam; intense and undiluted.

**Americano:** Espresso diluted with water; smoother than drip but espresso-forward.

**Long Black:** Water first, espresso on top; stronger and crema-rich.

## Milk & Drink Composition Table

Drink	Milk to Frother	Final Milk	Notes
Flat White	130 ml	110–120 ml	Thin microfoam
Latte	260–280 ml	220–250 ml	1 cm foam
Cappuccino	150–160 ml	120–130 ml	2–3 cm foam
Cortado	80–90 ml	60–70 ml	Thin microfoam
Mocha	240–260 ml	200–220 ml	Chocolate added
Macchiato	15 ml foam	10–15 ml foam	Foam only
Americano	—	—	+120–150 ml water
Long Black	—	—	Water first

## Preparation Steps (Compact)

### Flat White

- Double espresso
- Steam 130 ml lightly
- Pour glossy microfoam

### Latte

- Double espresso
- Steam 260–280 ml
- 1 cm foam

### Cappuccino

- Double espresso
- Steam 150–160 ml
- Thick foam

### Cortado

- Double espresso
- Light foam milk
- 1:1 ratio

### Mocha

- Chocolate + espresso
- Steam 240–260 ml
- Mix gently

### Macchiato

- Double espresso
- Add foam only

### Americano

- Hot water
- Espresso on top

### Long Black

- Water first
- Espresso on top