



# Barista Training Manual

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# Making Espresso Drinks

## The perfect Espresso

This is at the heart of each of the coffees made on the espresso machine. Knowing how to make the perfect espresso is crucial to the success of all other drinks.



## Espresso

***“Rich and stimulating this intense brew is strong and black with its distinctive caramel coloured crema”.***

1. Empty group handle of old coffee cake into the knockout drawer.
2. Dispense single dose (7.2g; one pull of the flap) of freshly ground espresso blend coffee into single group handle. If using the Double hand, two shots of coffee (14.4g) are needed. Do not over fill your handle.
3. Ensure an even surface and tamp the coffee using your hand tamper with a firm pressure, putting all your weight into it. Release the pressure and make twisting motion with the hand tamper to seal the coffee.
4. Wipe with your hand any excess coffee grains from the rim of the handle. **Note:** This will prevent against the build-up of coffee grounds on the rubber seal in the group head, which over time could clog the system and cause unwanted grounds to leak into the coffee you are making.
5. Press the switch to allow water to run through group head for a few seconds to flush out any old coffee grounds.
6. Replace group handle and press pre-programmed single espresso button. You are aiming for water to run through the coffee for approx 25 seconds (30ml of liquid) into espresso cup. **Note:** If your extraction time is out, you will need to adjust your grinder.
7. Ensure an even spread of crema on the top.

## Double Espresso

***“A very intense coffee – rich and stimulating”***

Follow instructions as above but using double dose of coffee (14.4g) into a double group handle. Ensure your cups are warmed before use, as a cold cup will draw all the heat from the espresso shot.

## Foaming and Steaming Milk



Foaming milk correctly is the 2nd most important thing you need to know after learning how to make the perfect espresso based drink.

When foaming or steaming milk for coffee, it is very important not to overheat it. As milk boils it releases sugars which totally change the flavour of the milk and ultimately the coffee you are making. Also if your coffee is too hot the first thing your customer will do is burn his/her tongue and that will stay with them for the rest of the day, not the best way to encourage repeat business!

For best results you should always use COLD, FRESH milk.

The milk should ideally be heated to no more than 65 - 70°C (160F). Thermometers are crucial in helping you achieve this, and ours even have this temperature range marked in red. When relying on a thermometer reading remember the temperature may continue to rise slightly after turning the steam valve off.

Never try to re-froth milk without adding at least half as much again in fresh milk. The more cold milk the better as it reduced the temperature of the milk, giving you more time to foam before the milk reaches 100F.

**NOTE:** It is important to note the difference between:

- 1) foaming milk for drinks such as cappuccino where a good amount of foam is required as this forms a large part of the drink, and
- 2) steaming milk for drinks such as latte which requires only a small amount of foam to decorate the top of the drink.

## **Foaming Milk:**

You are aiming to produce milk that is not dry, but has a frothy, shiny and smooth finish.

1. Pour sufficient COLD milk (rule of thumb 1/3 of a jug) into the 'foaming jug' – too little will make it hard to reach with the steam wand, and too much will cause the milk to overflow!
2. Briefly open and close the steam valve to release any unwanted liquid – make sure that the wand is pointing away from anyone when you do this!
3. Place the steam wand inside the jug, fully open the steam valve, and keep the nozzle towards the top of the milk - this gets air into the milk to make it expand.
4. You'll need to lower the jug as the milk expands to ensure the tip of the steam wand stays on the surface of the milk to continue to pull air in.
5. Aim to get air into the milk without creating large bubbles – the smaller the bubbles the better the end product will be.
6. When the thermometer reaches 40°C (100F) you should plunge the steam wand into the milk and not let any more air in. Continuing to add air to milk after this point creates a dryer and inferior end product.
7. Turn the steam valve off when the thermometer reaches 60°C (140F) – slightly earlier if there is less milk in the jug as the temperature will continue to rise after turning off the pressure.
8. Immediately wipe the steam wand firmly with a clean damp cloth – otherwise you will be left with burnt milk stuck to it which has obvious negative implications.
9. Next, tap the jug on a work surface several times to burst any large bubbles.



10. Swirl the jug in a circular motion on the counter, to 'polish' the milk, ensuring that the foam and milk mixes leaving a shiny and smooth finish.
11. It's now ready to pour. If you tilt the cup/mug towards the jug as you pour you will find the foamed milk covers the top and leaves a purer white finish.

### **Steaming Milk:**

You are aiming to produce milk that has a small amount of foam, and still retains a shiny and smooth finish.

1. Pour sufficient milk (rule of thumb 1/3 of a jug) into the 'latte jug' – too little will make it hard to reach with the steam wand, and too much will cause the milk to overflow! It is not essential that you begin with cold milk but it's always worth adding some cold milk before heating anyway.
2. Briefly open and close the steam valve to release any unwanted liquid – make sure that the wand is pointing away from anyone when you do this.
3. Keep the nozzle at the top of the milk for only a short while to pull a little air in, this will thicken the milk to a creamy consistency.
4. Submerge the wand so no more air is pulled in; position the nozzle to the side of the jug so the steam from the wand hits the side, moving the milk in a whirl pool motion. Heat until the 65 - 70°C (160F)
5. Immediately wipe the steam wand firmly with a clean damp cloth – otherwise you will be left with burnt milk stuck to it which has obvious negative implications.

6. Next, tap the jug on a work surface several times to burst any large bubbles.
7. Swirl the jug in a circular motion on the counter, to 'polish' the milk, ensuring that the foam and milk mixes leaving a shiny and smooth finish.
8. It is important that you continue to 'swirl' so the milk stays moving until the moment you pour, especially if doing latte art, to keep the foam and milk mixed throughout the jug.

## Milk Based Drinks Menu

### Cappuccino

*“Lightly foamed milk is rolled into the espresso to mellow the invigorating liquor, finished with a subtle dusting of chocolate”*

Foam the milk as above.

Prepare espresso into cup (2 shots needed for large cup)

Tilt the cup; pour down the side of the cup so the foam sits on top of the espresso.

It is important to pour in once swift movement with the jug tilted down to ensure the foam does not move to the back of the jug.

A brown ring of coffee should appear around the outside of the milk (the 'monk's head')

Sprinkle chocolate if required.

### Latte

*“Creamy milk poured over Espresso”*

Steam the milk as above.

Prepare espresso into cup or mug (2 shots needed for large cup)

Tilt the cup; pour down the side of the cup so the small amount of foam sits on top of the espresso.

Try some latte art! Ask Rosie for some tips of advance coffee make and latte art!

### Latte Macchiato

*“A long refreshing coffee - a single espresso is gently poured into a tall glass of steamed milk to diffuse into a layered visual delight”*

**NOTE:** The key to the success of making this drink is that the espresso is hotter than the milk; otherwise it will diffuse in the milk and not stay at the top giving the layered effect.

Steam the milk (see below) and pour into latte glass, leaving sufficient room at the top for the espresso

Preheat your small dispensing jug and teaspoon with hot water.

Prepare single espresso (for large latte use double espresso) and pour it directly into the small dispensing jug

Place the teaspoon upside down and so that it is touching the inside of the latte glass

Carefully pour the espresso onto the back of the teaspoon and watch it 'float' at the top of the glass!!

## **Mocha**

***“A delicious combination of espresso, chocolate and foamed milk”***

Prepare espresso into cup or mug (2 shots needed for large cup)

Add a scoop of Tresor Luxury Hot Chocolate to a jug 1/3 filled with milk.

Steam the milk as you would for a latte, the whirl pool motion will mix in the chocolate powder.

Heat to 65 - 70°C (160F)

Immediately wipe the steam wand firmly with a clean damp cloth.

This is especially important after steaming chocolate. Purge the wand so no chocolate can travel up inside the steam wand.

You can serve this as hot chocolate with added cream and marshmallows or pour over espresso for Mocha.

## **Macchiato**

***“A small espresso, with a small amount of foamed milk delicately floated on the natural crema”***

Prepare an Espresso (as above)

Steam the milk as you would a latte

Pour a very small amount of creamy foam (about a tea spoon full) into the centre of an espresso.

## **Americano**

***“A longer, smooth espresso with a layer of crema for easy all day drinking”***

Fill cup with boiling water 1" from rim.

Prepare single espresso (for large cup use double shot) and dispense into the cup over the water to create an even crema on top of the water.

Traditionally served without milk but can be served with fresh milk if customer requires.



## **Cleaning Your Espresso Machine**

Cleaning an espresso machine is very important as a dirty machine will affect the taste of the coffee. An espresso machine needs to be cleaned ideally twice a day to ensure perfect coffee is produced.

1. Flush each group head for 15 seconds using the manual button.
2. Clean around the group head with the head brush.
3. Place the backflushing blanking disc into the group handle and flush for 15 seconds.
4. Place 1/4 teaspoon of Puly Caff cleaning powder into the blanking disc and repeat flush for 15 seconds, 5 times.
5. Empty used Puly Caff and rinse. Replace the group handle into the group head, press the manual button for 15 seconds.
6. Backflush 5 times to ensure all cleaning powder is removed. Once finished, remove blanking disc and replace with the shot basket.

**REPEAT STAGES 1 - 6 FOR EACH GROUP HEAD**

Ensure the steam wands are wiped and free from milk after each use. Keep a cloth just for your milk wand near by.

To ensure the steam wand is unblocked, place into a jug of diluted Puly Caff. Turn on steam valve to ensure all detergent is removed.

Clean the group handles and shot baskets in hot soapy water, ensuring all coffee stains are removed. Do not soak the plastic handles or put in the dishwasher.

Replace clean group handles back into the machine.

Wash and dry stainless steel drip tray and replace.

Ensure all surfaces including the top of the machine are wiped with a clean cloth and dried.

**DO NOT USE SCOURING PADS ON STAINLESS STEEL PARTS  
ONLY USE A MILD NON-ABRASIVE DETERGENT WHEN  
CLEANING THE BEAN HOPPER, OTHERWISE IT COULD  
BECOME SCRATCHED AND THE COFFEE COULD BE TAINTED  
BY STRONG ODOURS**