



*Serving Quality  
Espresso*

## **ESPRESSO RECIPE GUIDE**



## ***Congratulations***

*Great coffee needs a great barista, and this is where practical expertise and understanding are essential in the process of crafting cups of coffee perfection.*

*This recipe guide is part of a training package that we can offer that is tailored to help grow your coffee making skills and knowledge.*

*Please feel free to get in touch - I'm always happy to help. You can also drop in and maybe see the roaster in action, grab some of the latest blends or just talk about coffee in general.*

*Best wishes,*

*Ben Tugwell  
Founder  
Fleurieu Roast*

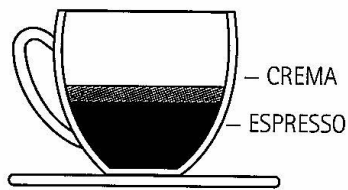


Lot 10 173 Port Road Aldinga SA

[www.fleurieuroast.com.au](http://www.fleurieuroast.com.au)

[ben@fleurieuroast.com.au](mailto:ben@fleurieuroast.com.au)

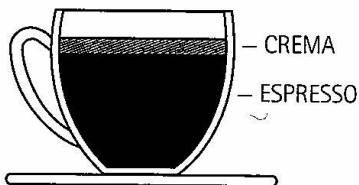
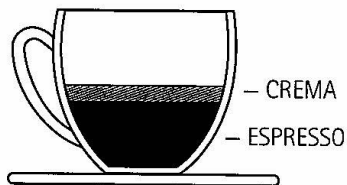
## **ESPRESSO, OR SHORT BLACK**



Meaning "Fast"

- Single shot (30ml)
- Serve in 60-90ml cup

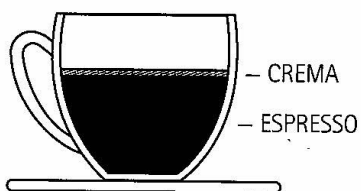
## **DOPPIO ESPRESSO**



Meaning "Double Fast"

- Double shot (60ml)
- Serve in 60-90ml cup

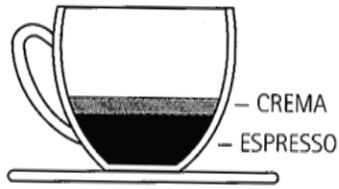
## **CAFFÈ LUNGO**



Meaning "Long Coffee"

- Long-extracted shot
- (40-60ml, or as requested)
- Serve in 60-90ml cup

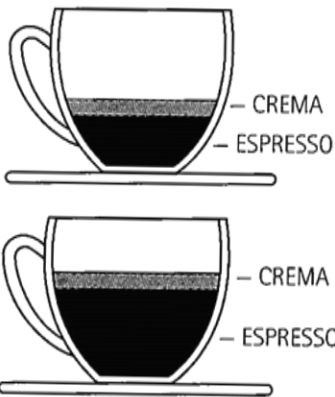
 **RISTRETTO**



Meaning "Restricted"

- Short-extracted shot (15-20ml)
- Serve in 60-90ml cup

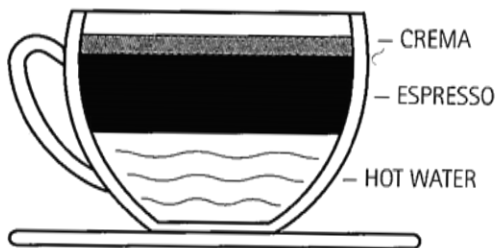
 **DOPPIO RISTRETTO**



Meaning "Restricted Double"

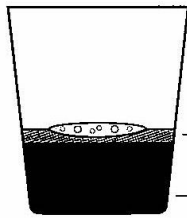
- Short-extracted double shot (30-40ml)
- Serve in 60-90ml cup

 **LONG BLACK, OR AMERICANO**



- 150-330 ml cup
- $\frac{1}{2}$  to  $\frac{2}{3}$  hot water (+ a little cool water)
- Single shot (or double shot to taste)

## **MACCHIATO (SHORT), OR CAFFÈ MACCHIATO**

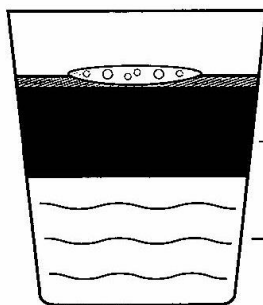


— CREMA WITH A DOLLOP OF FOAM  
AND/OR A DASH OF MILK  
— ESPRESSO

Meaning “Stained Coffee”

- Single shot (30ml)
- Serve in 60-90ml cup
- Dollop of foam or dash hot/cold milk

## **MACCHIATO (LONG), OR CAFFÈ MACCHIATO LUNGO**

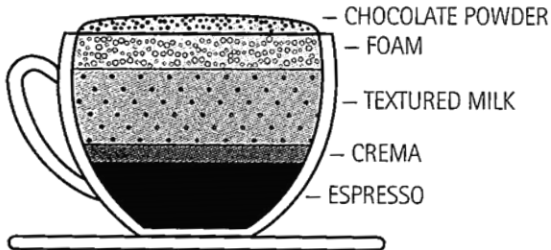


— CREMA WITH A DOLLOP OF  
FOAM AND/OR A DASH OF MILK  
— ESPRESSO  
— HOT WATER

Meaning “Long Stained Coffee”

- 150-330 ml cup
- $\frac{1}{2}$  to  $\frac{2}{3}$  hot water (+ a little cool water)
- Single shot (30ml,)
- Dollop of foam or dash hot/cold milk

## **CAPPUCCINO**

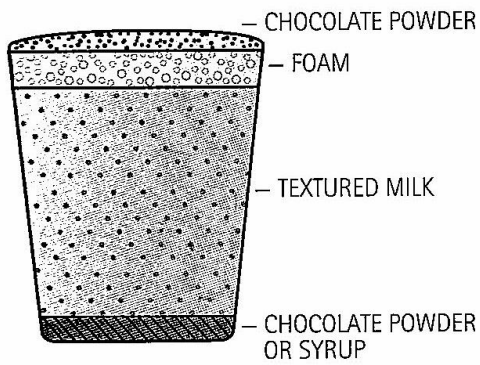


— CHOCOLATE POWDER  
— FOAM  
— TEXTURED MILK  
— CREMA  
— ESPRESSO

- 150-220 ml cup
- Single espresso (30ml)
- Textured milk
- 10-15mm foam
- Dusted with chocolate



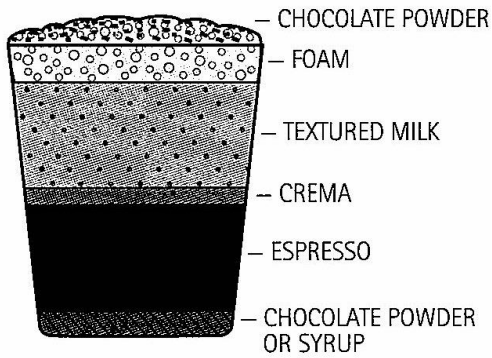
## HOT CHOCOLATE



- 150-220 ml cup
- Chocolate powder
- 30ml hot water
- Filled with texture milk
- 10-15mm foam
- Dusted with chocolate

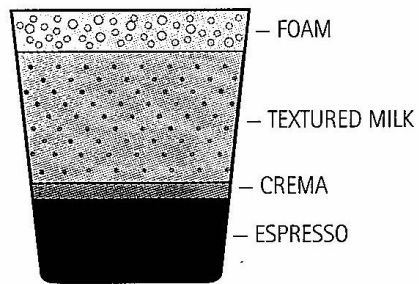


## MOCHA



- 150-220 ml cup
- Single Espresso
- Chocolate powder
- Filled with texture milk
- 10-15mm foam
- Dusted with chocolate

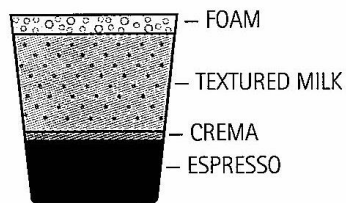
## CAFFÈ LATTE



### Meaning "Milk coffee"

- 150-220 ml cup
- Single espresso (30ml)
- Textured milk
- 10mm foam

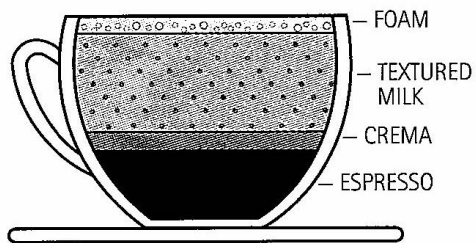
## PICCOLO LATTE



### Meaning "Small Milk"

- 60-90 ml cup
- Single espresso (30ml)
- 60ml Textured milk
- 5mm foam

## FLAT WHITE



- 150-220 ml cup
- Single espresso (30ml)
- Textured milk
- 5mm foam

