
SITHFAB005:

PREPARE AND SERVE ESPRESSO COFFEE

ASSESSMENT

Full Name:			
Assessor Name:		Date:	___/___/20___
Location:		Result:	C / NYC

Melbourne Training Centre
Level 6, 350 Collins Street
MELBOURNE VIC 3000

Phone: 1300 747 430
Email: info@shortcoursesau.edu.au
Web: www.shortcoursesau.edu.au



Training passport – Espresso coffee

There are 11 espresso based drinks that are commonly ordered within Australia, they are:

- **Espresso** – Espresso is the base for all other espresso coffees. No milk, no cream. Just the straight coffee extraction from the machine. 30 to 35ml extracted from the machine, should have a rich caramel coloured ‘crema’ floating on the top.
- **Short Black** – Another name for an espresso coffee
- **Doppio** – A double shot of espresso coffee, made with double the amount of coffee and about 60ml in size
- **Ristretto** – A short pour of espresso, about 30 to 35ml from a double shot of coffee. A short pour of about 15 seconds
- **Long Black** – A standard serve of espresso topped up with hot water and served in a cup
- **Mocha** – One-third espresso, 10mls chocolate syrup or powder and two-thirds frothed milk
- **Café Lungo** – A ‘long pulled’ coffee with twice the amount of coffee extracted from the same dose, as usual, i.e. 60ml in about 60 seconds
- **Macchiato** – An espresso ‘marked’ or ‘stained’ in the centre of the crema with a dash of hot foamed milk
- **Cappuccino** – Should be one-third coffee, one-third milk, and one third thick creamy milk froth.
- **Latte** – One-third espresso and two-thirds creamy hot milk, topped with a layer of foam. A Piccolo latte is a small latte served in a small glass.
- **Flat White** – A shot of espresso with hot milk served in a cup.

Espresso (Short Black)

The espresso (aka "short black") is the foundation and the most important part to every espresso based drink. So much so that we've written a [guide](#) on how to make the perfect espresso shot. But for the purposes of this post an espresso consists of:

- 1 Shot of espresso in an espresso cup



Double Espresso (Doppio)

A double espresso (aka "Doppio") is just that, two espresso shots in one cup. Therefore a double espresso consists of:

- 2 shots of espresso in an espresso cup



Short Macchiato

A short macchiato is similar to an espresso but with a dollop of steamed milk and foam to mellow the harsh taste of an espresso. You will find that baristas in different countries make short macchiatos differently. However the traditional way of making a short macchiato is as follows:

- 1 Shot of espresso in a short glass or espresso cup• A dollop of steamed milk and foam placed on top of the espresso



Long Macchiato

A long macchiato is the same as a short macchiato but with a double shot of espresso. The same rule of thirds applies in the traditionally made long macchiato:

- 2 shots of espresso in a tumbler glass or cup• A dollop of steamed milk and foam placed on top of the espresso



Café Latte

A café latte, or "latte" for short, is an espresso based drink with steamed milk and micro-foam added to the coffee. This coffee is much sweeter compared to an espresso due to the steamed milk. It is made as follows:



- Extract 1 shot of espresso into a tumbler glass• Add steamed milk• 1cm of micro-foam on top of the steamed milk

Barista tip: In the USA it is common to use a cup instead of a tumbler glass for a latte.

Cappuccino

A cappuccino is similar to a latte. However the key difference between a latte and cappuccino is that a cappuccino has more foam and chocolate placed on top of the drink. Further a cappuccino is made in a cup rather than a tumbler glass. It is made as follows:



- Extract 1 shot of espresso into a cup• Add steamed milk• Add 2-3cm of micro-foam on top of the steamed milk• Sprinkle chocolate on top of the coffee

Flat White

A flat white is a coffee you'll primarily find in Australia and New Zealand. It is made the same as a cappuccino expect it does not have any foam or chocolate on top. It is made like this:



- 1 shot of espresso into a cup• Add steamed milk into the cup but no micro-foam

Ristretto

A ristretto is an espresso shot that is extracted with the same amount of coffee but half the amount of water. The end result is a more concentrated and darker espresso extraction. It is made as follows:



- Extract a standard espresso shot with half the amount of water.• Alternatively turn off a normal espresso extraction before the espresso starts to blonde.

Long Black (Americano)

A long black (aka "americano") is hot water with an espresso shot extracted on top of the hot water. It is made as follows:



- Fill a cup with 2/3rds full of hot water• Extract 1 shot of espresso over the hot water

Piccolo Latte

A piccolo latte is a café latte made in an espresso cup. This means it has a very strong but mellowed down espresso taste thanks to the steamed milk and micro foam within it. There are two ways of making a piccolo latte, with either 1 espresso shot or 1 ristretto shot:



- 1 shot of espresso or 1 ristretto shot of espresso in a espresso cup• Add steamed milk and small amount of micro-foam.

Mocha

A mocha is a mix between a cappuccino and a hot chocolate. It is made by putting mixing chocolate powder with an espresso shot and then adding steamed milk and micro-foam into the beverage. The steps are as follows:



- Extract 1 shot of espresso into a cup• Add one spoon of chocolate powder into the espresso shot and mix• Add steamed milk• Add 2-3cm of micro-foam• Sprinkle chocolate powder on top

Affogato

An affogato is a simple dessert coffee that is treat during summer and after dinner. It is made by placing one big scoope of vanilla ice cream within a single or double shot of espresso:



- Add one scoop of vanilla ice-cream into a tumbler glass milk• Pour a single or double shot of espresso over the vanilla ice-cream

List (5) Coffee Types You Completed

In this section keep a record of each coffee you made and take some notes to reflect on your experience. Your trainer may provide feedback about your coffee making efforts.

Coffee Type	Student Notes	Trainer Feedback
Short Black		
Long Black		
Flat White		
Café Latte		
Cappuccino		
Other		