



# CH. II: ESPRESSO STANDARDS

## CAPPUCCINO MILK STEAMING

Cappuccino milk steaming standard: This is the standard for steaming milk for cappuccino and iced drinks

**GOAL:** You are looking for a pitcher of milk, steamed to 140-145 degrees with glassy, almost reflective foam (microfoam). Here is a 'before and after'. Notice that the milk/foam volume has doubled from the before to the after picture.



Notes:

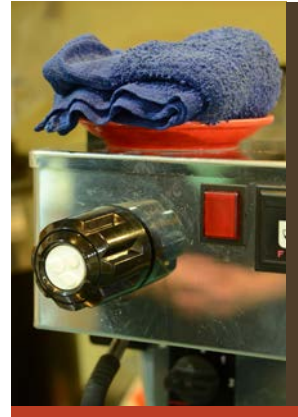
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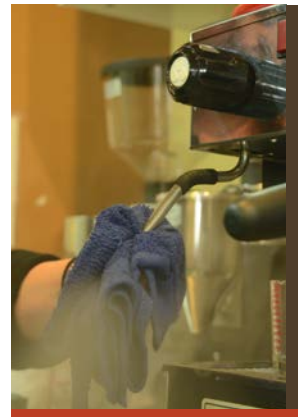


Always keep a damp, clean rag on top of the espresso machine, adjacent to the steam wand. Do not use this rag for anything except cleaning the steam wand, as coffee grounds and other things can be transferred to your pitcher of milk.



Always begin and end every pitcher of steamed milk by purging the wand and wiping it down with a damp rag. We call this 'prepping the steam wand'.

**UNLESS YOU CAN STEAM A PITCHER OF MILK BY TOUCH TO 140-145 DEGREES, 5 TIMES IN A ROW, USE A THERMOMETER. USING A THERMOMETER DOES NOT MAKE YOU A BAD BARISTA, ONLY A CAREFUL BARISTA.**



## Steps To Producing Cappuccino Milk

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Prep the pitcher as per the milk management standard.



Notes:

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2 Prep your steam wand.

3 Hold the pitcher so that the tip of the steam wand is submerged in the milk, slightly off center, and 1” below the surface of the milk. Turn on the steam full force.



4 Once the steam is on, lower the pitcher ever so slightly until the tip of the steam wand is 1/4” or so below the surface of the milk, and the steam pressure creates a whirlpool in the milk. This will make a ‘hissing’ sound, like letting the air out of a bicycle tire. This act is called ‘stretching the milk’.



5 Continue to add foam in this whirlpool fashion until you have doubled the volume. **YOU MUST DO SO BEFORE YOU REACH 100 DEGREES!**



6 Once you reach 100 degrees, raise the pitcher slightly so that you are no longer adding foam (the hissing sound should stop).



Notes:



- 7 Continue to heat the milk until you reach 120 degrees, as indicated on the thermometer. At 120, shut off the steam quickly and completely. The milk will rise in temperature to 140 degrees all on its own.



- 8 Purge the steam wand again.

- 9 Spin the milk in the pitcher the way that you would spin a glass of wine. This action will keep the foam from separating from the milk.

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