



# Barista Skills



## Drink Standards

Worksheet



Drink	CSP Barista Module Drinks Standards:			Regional variations (outside of the CSP criteria)
	Drink volume (ml)	Ratio of espresso / milk / foam (ml)	Further criteria	
Espresso	25-35 (15-25g approx.)	1:0:0	Water temp: within 88 – 96c	The standards used for espresso have diverged recently away from the traditional recipe of 7grams for a 30ml drink, often associated with the darker roast blends of Arabica and Robusta. Now there is a trend for larger doses of lighter roast Arabica to be used, often up to 20g for a double shot, with lower quantities of water, making what some may consider more of a double ristretto.
			Pressure: usually 9 bar, unless pressure profiled	
			EBF % (Dose gr. / Water gr.) : Up to 60%	
			Served in: espresso cup (maximum 90ml)	
Ristretto	15-20 (10 -15g approx.)	1:0:0	Water temp: within 88 – 96c	The ristretto is mainly defined by its size in relation to the larger espresso but as stated above, this definition is blurring with shorter “espresso” being made. Ristretto may be made by cutting a shot short, but this may lead to an under extracted flavor, or the short quantity of water may be brewed over a longer time to try and achieve a “balanced” extraction.
			Pressure: usually 9 bar, unless pressure profiled	
			EBF % (Dose gr. / Water gr.) : May exceed 60%	
			Served in: espresso cup (maximum 90ml)	
Americano	180ml (including a single espresso; larger drinks may be made by adding espresso to a similar ratio)	1:0:0 (1 part espresso to approx. 150mls hot water)	Espresso added to hot, but not boiling, water in the cup. (The espresso is added to the hot water rather than all the water being passed through the coffee which would lead to over extraction)	
Cappuccino	150-240	1:3:2	Free poured (i.e. milk on top of espresso base) 1:3:2  For the CSP exams smaller cappuccinos are favored to provide a fuller coffee flavor and balance with the milk and foam. Smaller drinks are also more time efficient when completing practical exam components that are timed.	The main variance in the construction of the cappuccino is size. The traditional cappuccino is smaller compared to the larger versions produced by many café brands. The ratio of foam may also fluctuate as the size of the drink changes.  Sometimes dusted with chocolate or cinnamon to the customers preference.
Caffe Latte	150-240	1:4:1	Free poured (i.e. milk on top of espresso base) For the CSP exams smaller lattes are also favored, although are often served slightly larger than the cappuccino. Typically has more dilution of coffee by milk than cappuccino/flat white. Smaller drinks are also more time efficient when completing practical exam components that are timed.	Again the main variance in the construction of a latte is size, although the components tend to stay in similar ratios for this simpler drink.
Espresso Macchiato	30-60	1:0:0.5 (may be made with just foam or a small amount of liquid milk may be used 1:0.5:0.5)	Free poured (i.e. milk/foam on top of espresso base) Served in: espresso cup (maximum 90ml)	Traditionally a small amount of foam was added to the espresso, perhaps with a little milk for personal preferences. Recently more milk has been added (1:1:0.5) as there has been a desire to pour latte art on the drink

Drink	Further drinks not included in the CSP Barista Module:			Regional variations (outside of the CSP criteria)
	Drink volume (ml)	Ratio of espresso / milk / foam (ml)	Further criteria	
Latte Macchiato	150-360	1:4:1	Free poured (i.e. milk on top of espresso base)  The milk is poured first and then the espresso added after to produce a layered effect.	
Flat White	150-240	2:3:1	Free poured (i.e. milk on top of espresso base) Commonly a double ristretto based is topped with textured milk to produce a small strong milky drink.  Should exhibit distinct flavor of coffee as well as milk. Foam layer 0.5-1.5cm.	