

Brief Guide to Milk Technique

Always keep milk refrigerated below 8 degrees Celsius. Put it right back in the fridge after use.

Subtract 4 days from a milk's use-by date and use that as the milk's shelf life for use in steaming to create drinks.

Use whole milk as the high fat content means its foam is longer-lasting, and fat helps the milk stay hotter for longer.

Workflow guide: Shots first, then milk!

1. Grind & brew
espressos needed



2. Dose milk & steam gently to silky, glossy texture, for no more than 2 drinks at a time!

Milk steaming guide

1. Start with the steam wand resting against the brim of the milk jug, with the milk wand submerged in the milk by roughly 1 centimetre. **Tilt the jug towards your body a little to create a slight angle against the steam wand.**

2. **While holding the milk jug in place, where you can feel its temperature on the bottom and side,** use your free hand to turn on the steam wand.

3. Once you're comfortable with the pressure from the wand, lower the jug to bring the wand gently to the milk's surface. It will make a ticking / chirping sound as foam is being created. **For a glossy foam that lasts, add foam only while the milk is still cold!** It should be a gentle sound, not aggressive at all.

4. When you have added the desired foam (learn by listening) raise the jug to submerge the wand in the milk, then focus on the milk's temperature. When the jug becomes hot to touch, turn off the power of the steam wand. **Temperature ought to be 60-65 degrees Celsius.** Use a thermometer to check if need be, but only after you're finished steaming, without the hot steam wand in the jug!

5. **Purge & wipe the steam wand immediately after steaming.** Be quick, as milk will dry onto the wand quickly. Tap the milk jug on the work surface until bubbles have been burst, and swirl it to keep the foam evenly mixed into the milk. **Great milk texture will look like glossy white paint.**

6. **Discard some milk until you can confidently tilt the jug and cup closely towards each other** to allow latte art to be poured on the drink, without constraining the angle you need to tilt the jug to. This is essential for mastering latte art too!

If you end up with poor texture or temperature, steam and pour again with fresh, cold milk!

7. **Knock out bubbles from your espresso shot and milk, then swirl and immediately pour** the milk into the espresso, mixing them well to form a consistent colour.