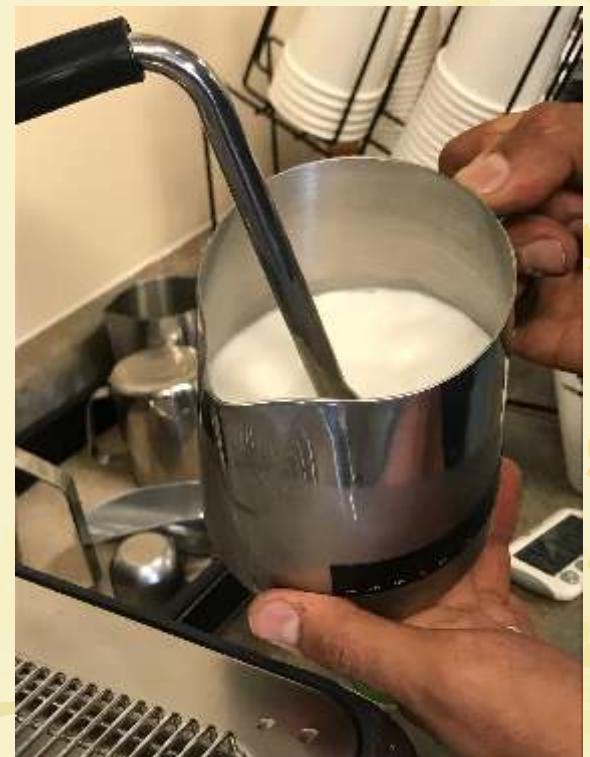


FROTHING & STEAMING MILK

The hardest skill to learn as a barista is the proper frothing and steaming of milk. The only way to do it right is to practice, practice, practice. Yes, you will “waste” a gallon or two of milk, but it will be worth it in the long run to master this skill and make exceptional espresso drinks. It's important to note, that different types of milk steam differently and soy milk scalds at a lower temperature. A big question - can milk be re-steamed? Yes, but only if you add more fresh milk than what you've already steamed and only 1-2 times. Every time you steam milk, you break down the proteins and it will scald at a lower temperature each time. Mark your steam pitchers with lines so you know how much milk to use for each size drink - this will prevent scalding, over steaming, and waste.

STEAMING

Steamed milk is a staple in most American espresso drinks. The milk should be brought to about 160 degrees and should be creamy and silky. **ALWAYS USE A THERMOMETER.** Until you are an expert, use a thermometer, there is no shame in this. Start with a steaming pitcher, a thermometer and correct portion of milk for the size cup you are using. Remember, milk will expand as it is heated so you need about 2/3 oz. for the size you are using. Make sure the steaming wand is fully down in the milk, turn it on full, slightly tip your steaming pitcher making sure you can always see the thermometer. The milk should start swirling in the pitcher and as it heats up you will hear a growling sound as it approaches temperature. Turn off the steam wand at 140/145 degrees as the milk will continue to heat. If you get up to 180 degrees your milk is scalding - **THROW IT OUT.** When finished the milk should be very creamy with no noticeable air bubbles. You can lightly bang the pitcher on the counter to pop some of the smaller air bubbles before you pour the milk into your cup.



FROTHING

Frothing is essentially the same as steaming except as the milk approaches the final temperature you want to pull the steam wand towards the top of the milk in the pitcher to create froth or foam. Again, practice, practice, practice. The foam should not have large air bubbles and be stiff, it should be velvety and light. It's hard to do but keep at it - this makes a huge difference in the taste of the drink and good steam/foam will bring your customers back again and again.