

FREE DOWNLOAD

# Espresso Cheat Sheet

Tape this to your fridge. Ratios, targets, and grind starting points on one page.

## Brew Ratios

| Style     | Ratio (dose : yield) | Example (18 g in) | Taste                     |
|-----------|----------------------|-------------------|---------------------------|
| Ristretto | 1 : 1                | 18 g espresso     | Syrupy, intense, sweet    |
| Normale   | 1 : 2                | 36 g espresso     | Balanced — start here     |
| Lungo     | 1 : 3                | 54 g espresso     | Thinner, more bitter edge |

## Dial-in Targets

| Dose | Yield | Time    | Notes                              |
|------|-------|---------|------------------------------------|
| 18 g | 36 g  | 25–30 s | The classic double — your baseline |
| 20 g | 40 g  | 27–32 s | Bigger basket, richer body         |
| 16 g | 32 g  | 25–30 s | Smaller dose, brighter cup         |

## Grind Starting Points

| Grinder type              | Start setting           | Shot runs fast     | Shot chokes           |
|---------------------------|-------------------------|--------------------|-----------------------|
| Stepped (e.g. Encore ESP) | Setting 8–10            | Go finer (lower #) | Go coarser (higher #) |
| Stepless espresso grinder | Mid-fine                | Turn finer         | Turn coarser          |
| Hand grinder              | ~12–18 clicks from zero | Fewer clicks       | More clicks           |

Too sour? Grind finer or stretch the ratio (1:2.5). Too bitter? Grind coarser or shorten it (1:1.5). Change ONE thing at a time.

## Milk Basics

| Drink      | Espresso            | Milk    | Texture            |
|------------|---------------------|---------|--------------------|
| Cappuccino | 1 shot (18 g)       | ~120 ml | Thick, airy foam   |
| Latte      | 1–2 shots           | ~180 ml | Silky microfoam    |
| Flat white | 2 shots (ristretto) | ~120 ml | Velvety, thin foam |