

CHAPTER 3

Length

Ristretto (or stretto) (reduced), normale/standard (normal), or lungo (long)^[37] is the length of the shot: these may coincide to a larger or a smaller drink identical level of extraction and with the identical amount of ground coffee or to different length of extraction. the volume (and low density) of crema make volume-based comparisons difficult and proportions are different (specific measurement uses the mass of the drink). Usually lungo is double to triple the normale volume and ristretto is half the volume of normale. For a double shot, (14 grams of dry coffee), a normale uses about 60 ml of water. A common form identified with espresso, a double ristretto, uses about 30 ml, half the amount of water.^[citation needed]

Stopped at different times^[citation needed] – which may result in an underextracted shot (if run too short a time) or an overextracted shot (if run too long a time).^[citation needed], ristretto, normale, and lungo may not commonly be the same shot. Rather, the grind is adjusted (finer for ristretto, coarser for lungo) so the target volume is reached by the time extraction finishes.^[38]

The caffè crema is a significantly longer shot, which is brewed in the identical way, with a coarser grind and longer than a lungo, ranging in size from 120–240 ml (4–8 US fl oz).

passing more water through the load of ground coffee will add other flavors to the espresso, which might be bad for some people while the procedure of adding hot water produces a milder version of original flavor, while

Cold

Mostly served in southern Europe, cold espresso (espresso freddo) is an alternative kind of espresso. Along with cappuccino freddo in the early 1990s, Conceived in Greece, freddo espresso is in increasing demand in Greece and its neighbouring countries during summer.^[39] the coffee is stirred in a big iron can along with sugar (if necessary) and 2–3 ice pieces until the can is cold after preparing 2 shots of espresso (usually ristretto). Then the blend is put in a glass full of ice cubes.

Nutrition

Espresso has significant amounts of the dietary mineral magnesium, 212 mg of caffeine per 100 grams of liquid brewed coffee (table) and the B vitamins niacin and riboflavin. Probably owing to its higher amount of suspended solids than typical coffee which is absent of essential nutrients,

Espresso-based drinks

Furthermore to being served alone, espresso is frequently blended, notably with milk – either steamed (without significant foam), dry foamed or wet foamed ("microfoam"), and with hot water. Notable milk-based espresso drinks, in order of size, contains: cappuccino, macchiato, latte and flat white; other milk and espresso combinations contains cortado and galão, which are made primarily with steamed milk with little or no foam, latte macchiato. Espresso and water combinations contains Americano and long black. Other combinations contains coffee with espresso, sometimes called "shot in the dark"^[40] or "red eye".

On the basis of size, these may be organized as follows:

- Latte: 240–600 ml, two or more shots (60 ml), with 1:3–1:9 milk

- Flat white: 150 ml, one or two shots (30 or 60 ml), with 1:4 or 2:3 milk, and a small amount (usually 1/4 inch) microfoam.
- Cortado: 60 ml, one shot with 1:1 milk, little foam
- Modern macchiato: 60 ml or 120 ml, one or two shots (30 or 60 ml), with 1:1 milk
- Piccolo Latte: 90 ml, one shot with 1:2 milk, little foam
- Galão: 120 ml, one shot with 1:3 milk, little foam
- Traditional macchiato: 35–40 ml, one shot (30 ml) with a little amount of milk (mostly steamed, with slight foam so there is a visible mark)
- Cappuccino: a very famous frothed milk and espresso drink with no generally-accepted volume standards, but usually served at 120 to 160 ml., containing a single or (more commonly) double shot of espresso.^[41]

Between drinks and between baristas procedures of preparation may differ. For cappuccino, macchiatos, smaller lattes and Americanos and flat white, the espresso is brewed into the cup, then the milk or water is poured in. For bigger drinks, where a tall glass will not fit under the brew head, the espresso is brewed into a small cup, then poured into the bigger cup; for this aim a demitasse or specialized espresso brew pitcher can be used. This "pouring into an existing glass" is a defining characteristic of the latte macchiato and classic renditions of the red eye. Alternatively, a glass with "existing" water may have espresso brewed into it – to conserve the crema – in the long black. Brewing into milk is not generally done.