THE BARISTA TRAINING SERIES

The Barista’s Handbook

Espresso, milk and the craft of the café bar

Timothy Walker

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Training information

This book provides general training information. Follow your café’s procedures, equipment manufacturers’ instructions and local food-safety and allergen regulations, which take precedence over this book.

About the illustrations

The drink images, editorial scenes and cover artwork in this book are AI-generated illustrations, not photographs. Use the written quantities and site procedures; appearance does not establish exact quantity, temperature, safety or taste. Diagrams are explanatory, and imagined scenes do not show real people or places.

First edition, 2026

Contents

Foreword 6

The Barista's Handbook 7

Part One · The big picture: coffee before the bar 8

1. Coffee's journey to the bar 9
2. From coffee tree to delivered bag 13
3. A barista's working atlas of origins 15
4. Roasting and freshness 19

Part Two · Foundations: safe station, water, grind and your first cup 24

5. Safe, clean and ready to work 25
6. Water, grinding and extraction 28
7. Your first cup: choosing and brewing a method 32
8. Tasting as a working skill 38

Part Three · Espresso, milk and the drinks they make 44

9. Espresso 45
10. Milk, texture and steaming 50
11. Drink families: from espresso to the menu 54
12. Latte art: control before decoration 58

Contents continued

Part Four · Service and problem-solving 60

13. The visual troubleshooting atlas 61

14. The human side of a café shift 66

Part Five · Growing beyond the bar 76

15. Developing a café menu 77

16. Coffee, people and responsibility 82

17. Becoming the barista people trust 88

Part Six · Recipe reference 93

Reading the recipe quantities 94

Café recipe reference 95

Home and capsule adaptations 122

Coffee around the world 128

Measurement conversions 193

Reference glossary 194

World recipe sources 196

Consolidated bibliography 198

Online recipes and learning resources 200

4. Roasting and freshness



Roasting changes the coffee; evaluate the actual roast in the cup.

Green coffee does not smell or taste like the finished drink. Roasting applies heat so the seed loses moisture, changes color, expands, becomes more brittle and develops the aromas and flavors associated with roasted coffee. The barista does not need to calculate reaction chemistry. They do need to understand how roast choices affect solubility, freshness, grinding and the intended recipe.

“Light,” “medium” and “dark” are relative labels. One roaster's medium may resemble another's dark. Surface color is also incomplete: coffees of different density, process and composition can look similar while tasting different. Use the roaster's description, the actual cup and the café's recipe together.

Observation	Possible meaning	Barista response
Very light-looking coffee that runs slowly at the usual setting	Dense or lightly roasted coffee may grind and extract differently	Confirm dose and preparation, then adjust one variable through tasting rather than forcing the previous coffee's settings
Dark, shiny surface	A darker roast or oil migration; age and storage also matter	Expect a more brittle bean and clean the grinder appropriately; do not assume “stronger caffeine”
Bag recently roasted	Gas release may still affect espresso flow and bloom	Follow the roaster's recommended rest and record how the recipe changes over several days
Flat aroma and papery or stale flavor	Age, open storage, oxygen, heat or unsuitable holding may be involved	Check roast and open dates, container, stock rotation and grinder retention before blaming extraction
Sharp roast smoke or ashy finish	Roast expression, contamination or equipment cleanliness may contribute	Taste the brewed coffee against the intended profile and inspect equipment before changing the recipe repeatedly

Coffee aside — The plant smells different from the cup. Arabica coffee produces clusters of fragrant white flowers. A Smithsonian Tropical Research Institute plant record compares their scent with jasmine.

Freshness is a window, not a stopwatch

Roasted coffee changes continuously. Carbon dioxide leaves the bean, volatile aromas disperse and oxygen contributes to staling. A coffee can be inconveniently fresh for one espresso setup yet expressive in another method. A printed “best by” date does not replace a roast date, open date, storage procedure and tasted result. Store coffee in a closed container protected from heat, moisture, light and strong odors. Keep only a practical working quantity in the hopper, and do not top old coffee endlessly with new.

R07. Cortado

Equal beverage masses keep a small milk drink repeatable.



Specification	Starting value
Vessel	90–120 ml glass
Dry coffee dose	18 g
Beverage / input water	36 g beverage
Milk, water or other additions	36 g textured milk
Timing / quality cue	1:1 by beverage mass; milk 55–60 °C

Build

1. Pull a double espresso to 36 g in a warmed 90–120 ml glass.
2. Texture a practical quantity of milk for your jug, adding only a little air.
3. Finish at 55–60 °C. Tare the glass and add 36 g of textured milk.
4. Serve without filling the glass to the rim; discard leftover steamed milk.

Quality check: The course uses 36 g espresso plus 36 g textured milk. Do not add extra milk merely to fill the vessel.

Allergens and substitutions: Milk in the stated recipe; check current labels for all alternatives, sauces and toppings.

Keep this recipe with you

Scan to open it on your phone, share the recipe by text or email, or send it with an e-greeting.

baristarecipes.com/r/r07

A WORLD OF COFFEE

Coffee Around the World

63 recipes · Regional traditions · Ways to brew



Ethiopia · Jebena buna



India · Filter kaapi



Japan · Coffee float

AI serving illustrations. Follow the written recipe quantities.

Coffee changes from kitchen to kitchen. Explore household preparations, café favorites and guides for particular coffees—from a pot on the stove to a carefully measured pour-over.

Country labels help you explore; they do not mean every household drinks coffee the same way or that a method belongs exclusively to one place.

Choose a place, then a drink

Use the two-column index on the next page. Each recipe includes ingredients, a method, equipment guidance and a QR code.

Read, measure, then taste

Check the batch size. Use the earlier chapters for extraction, milk and brewing skills. Regional variations may differ from the course recipes; follow the cross-references for training specifications.

Shared traditions

Country labels are a way to explore. An origin-specific brew guide describes a named coffee rather than a national drink.

Alcohol service

Alcoholic recipes are for adults of legal drinking age and, in commercial service, only where the required licenses and local rules permit.

Argentina · G01

Lágrima



Ingredients

- 20 ml espresso
- 200 ml whole milk

Warm foamed milk marked with a small espresso shot.

Make the drink

1. Brew the small espresso shot.
2. Steam the milk until hot with a light foam.
3. Pour the milk into a cup and add the espresso.

Equipment and serving

Milk steamer or pan, espresso machine, measuring utensils and suitable heatproof cups. Heatproof coffee glass. A drinking glass intended for hot beverages. Use glass explicitly rated for hot drinks; ordinary cold-drink glass is not a substitute. Follow its care instructions and the recipe’s serving size.

A milk-dominant Argentine café order. This home version uses Chef Chad’s proportions; cafés may serve different ratios.

Source G01 · foodthinkers.com.ph

Keep this recipe with you

Scan to open it on your phone, share the recipe by text or email, or send it with an e-greeting.

baristarecipes.com/r/world-argentina/