

# Milk foam that carries.

Not foam — liquid silk. Good microfoam shines like wet paint and is the basis of every latte art pattern. Keep the three phases and the temperature zone beside you while you practise.

## The three phases

1

### Stretching

Wand just under the surface — a gentle hiss, air goes in.

2

### Rolling

Wand deeper — the milk turns in a whirlpool, the bubbles get fine.

3

### Polishing

Shiny like wet paint — wipe and blow through the wand straight away.

## The temperature zone



60–65 °C = your target

### cold

start with cold milk

> 70 °C

scalded, no shine

**Your hand is the thermometer:** Once the pitcher is too hot to hold, you are already late — stop at once. Above 70 °C the milk scalds, loses its shine and tastes dull.

# Foam it three times.

Your assignment until the next episode: foam three times until the foam has that “wet paint” shine. And find your milk — fat and protein decide how well it carries.

## Which milk foams?

| Milk                   | Suitability    | Note                                     |
|------------------------|----------------|------------------------------------------|
| Whole milk (3.5 %)     | ★★★ standard   | fat = creaminess, protein = stability    |
| Low-fat milk (1.5 %)   | ★★ ok          | firmer, less creamy foam                 |
| Oat “barista”          | ★★★★ very good | only the barista version (extra protein) |
| Soy / almond, standard | ★ variable     | curdles sooner, take the barista edition |

## Remember this

- **Start cold.** Cold milk gives you more time to draw air in cleanly.
- **Hissing = air.** Once the hiss stops and it rolls fully — stop drawing air.
- **Clean immediately.** Wipe and blow through the wand every single time — otherwise the milk dries on.