

Sidebar

Drinks · Coffee Cheat Sheet

Roasts, brewing ratios, espresso-drink names, and the real numbers behind grind size and caffeine — enough to order confidently or brew a genuinely better cup at home.

ROAST LEVELS

Light Bright, acidic, fruity — origin flavor most preserved

Medium Balanced acidity and body — most drip-coffee blends

Medium-Dark Rounder, less acidic, hints of caramelization

Dark Bold, bittersweet, smoky — origin flavor mostly roasted away

BREWING METHODS

Drip / Filter Automatic machine, gravity-fed through a paper filter

Pour-Over Manual, slower, more control over extraction (V60, Chemex)

French Press Full immersion, metal filter — fuller body, more sediment

Espresso Pressurized hot water forced through fine grounds

AeroPress Immersion plus manual pressure — fast, clean cup

Moka Pot Stovetop, steam pressure — stronger than drip, not true espresso

Cold Brew Steeped in cold water 12–24 hours — low acidity, high strength

ESPRESSO-BASED DRINKS

Ristretto / Lungo Shorter/more concentrated vs. longer/more diluted shot

Americano Espresso + hot water

Macchiato Espresso "stained" with a small dollop of foam

Cortado Espresso cut with roughly equal steamed milk, little foam

Flat White Espresso + steamed milk, thin velvety microfoam

Latte Espresso + more steamed milk + a thin foam layer

Cappuccino Espresso + steamed milk + thick foam, roughly equal thirds

Mocha A latte with chocolate added

COFFEE-TO-WATER RATIOS

Drip / Pour-Over ~1:15–1:18 (SCA "golden cup" range)

French Press ~1:15

Espresso ~1:2 by weight (18g in → ~36g out, 25–30 seconds)

Cold Brew Concentrate ~1:4–1:5, diluted before drinking

ARABICA VS. ROBUSTA

Arabica ~1.2% caffeine; sweeter, fruitier, more acidic; ~60–80% of world production

Robusta ~2.2% caffeine (roughly double); bolder, earthier, more bitter; more crema

GRIND SIZE GUIDE

Extra Coarse Cold brew

Coarse French press, percolator

Medium-Coarse Chemex, clever dripper

Medium Standard drip machines

Medium-Fine Pour-over cones (V60), AeroPress

Fine Espresso

Extra Fine Turkish coffee

CAFFEINE, ROUGHLY PER SERVING

Espresso (1 shot) ~63–75mg

Drip (8oz) ~95mg

Cold Brew (12oz) ~150–215mg — stronger than most people expect

Decaf (8oz) ~2–7mg — not actually zero

FDA daily guidance ~400mg for most healthy adults

STORAGE & FRESHNESS

Whole bean Stays fresh far longer than pre-ground — grind just before brewing

Storage Airtight, opaque container, room temperature — not the fridge/freezer

Best window 2–4 weeks past the roast date for peak flavor

Bloom Fresh grounds release CO₂ and visibly puff up when first wetted

DARK ROAST DOES NOT HAVE MORE CAFFEINE — THE "MORE CAFFEINE" FEELING IS A MYTH

Caffeine content per bean barely changes with roast level. The confusion comes from measuring by volume instead of weight: dark-roasted beans lose more mass and expand, so they're less dense — a scoop of dark roast actually contains slightly *less* caffeine than the same scoop of light roast, not more. Measured by weight (the way a scale-based brew ratio works), light and dark roasts contain almost identical amounts of caffeine.