



Barista Training Plan

Barista Course

Barista training course is designed to provide basic knowledge of coffee and develop excellent skill to brew the verities of coffee beverages through deferent brewing methods as well as to provide legendary service to the customers at coffee house.

Teaching Learning: Theory and Practical Course duration: 40 hrs/ 26 days

Barista

- Definition
- Job Responsibilities of Barista

Coffee

- Introduction and Definition
- Species of Coffee

History of Coffee

- Legend on discovery of coffee
- Development of coffee culture and cultivation

Coffee growing Regions

- Latin America
- Asia Pacific/ Asia-indo-pacific
- Africa/ Arabia

Beans to Cup

- Plantation
- Harvesting
- Coffee processing
- Grading
- Decaffeination process
- Roasting Process
- Packaging
- Brewing methods

Art of Espresso

- Introductionanddefinition
- Pull/brewperfectshotofEspresso
-

Sixvariables of Espresso: Water, freshness, grind,dose,tamp and pouring rate

- Qualityandstandardsofespresso

Espresso Machine

- Introduction
- Types of Espresso machine
- Parts of Espresso machine and coffee Grinder
- Proper handling of Espresso machine
- How to clean Espresso machine: during operation, Daily closing, Weekly and Monthly

Steaming Milk

- Frothing milk
- Creating creamy milk foam
- Standard temperature (160°-170°F)

Coffee beverages

- Standard recipe and process of brewing hot beverages
- Standard recipe and process of brewing cold beverages
- Standard recipe and process of brewing blended beverages

Customer Service

Cleaning, sanitizing and Hygienic

Testing and Evaluation

- Theory -20%
- Practical- 80%

Barista:



What is Barista?

The word Barista is derived from Italian language, where barista was known as a male or female “bartender”, who typically works behind a counter, serving both alcoholic and non-alcoholic beverages, not a coffee maker specially. With the development of coffee culture all around world Barista is known as a person who is expert on coffee beverages and serve to the customers in the specialty coffee house.

A Barista is an expert at making espresso and a master of a variety of espresso based beverages such as café Latte, cappuccino, café mocha, caramel macchiato, Americano and so on, using a traditional espresso machine. In other words, Barista is a person who works behind the espresso bar serving all espresso based coffee beverages to customers. Along with making coffee beverages, Barista handles entire responsibilities in cafe such as cleaning, cash handling, serving, customer service and so on.

Job Responsibilities of Barista:

The barista is responsible for brewing standard coffee beverages and serving all products with friendliness, especially treating individual customer by ensuring that they are satisfied all of the time. Barista is also responsible for educating customers about coffee and all products of coffee house.

- Preparing quality coffee beverages maintaining consistency in quality all of the time.

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- Deliver excellent customer service, at all times creating environment of café as third place to all customers.
- Create enthusiastic satisfied customers all the time providing excellent service and quality beverages.
- Educate to the customers about products which we are serving and selling. Such as verities coffee, merchandise, beverages, food and so on.
- Serve and present hot and cold coffee beverages quickly and efficiently, meeting company standards.
- Keep the clean all equipments of bar, café area and toilet all of the times.
- Calibrate all equipments according to the company standards to maintain consistency in quality.
- Proper and accurate handling of cash at POS.
- Proper communicate with coworkers and management to solve problems and improve quality and service.
- Maintain continuous communication with other staff functions (i. e. bar , register etc.) during rush hours.
- Explore the coffee and coffee beverages and make effort to improve job skills, knowledge and education.
- Always follow the company values, policy and standards.
- Be involved and contribute at team meetings
- Carry out instructions given by the management team and head office

Coffee:



What is coffee?

Coffee is brewed beverage prepared from roasted seeds of several species of an evergreen shrub tree. It is a non alcoholic, caffeine contained beverages which can be served as a hot and cold beverage.

Coffee is seed of the cherry from evergreen shrub tree which is grown from sea level to 6000ft. It is used to brew the coffee beverages from ground of roasted beans by the verities of brewing methods like espresso, coffee press, drip coffee etc. Coffee is the second most consumed commodity in the world after petroleum products. Generally, two beans inside the cherry but very rarely single bean can be found inside cherry which is called Peaberry coffee. About 5 to 7% peaberry coffee can be found from the coffee tree.

Peaberry coffee



Species of coffee

There are more than fifty species of coffee trees, among them two prominent species in the context of commercially cultivated, they are Robusta and Arabica. However, Arabica stands high quality coffee which is grown in high altitude 800m to 1200m from the sea level. On the other hand Robusta is grown at low elevation which contains double caffeine ; 2% and it exist harsh and diversity flavor. But, Arabica contains half quantity of caffeine than Robusta coffee; 1%, it has refined, smooth flavor.

Arabica Vs Robusta



Note:

- All Nepali coffees are Arabica which is grown at high altitude beneath of Himalayan range.
- Coffee is second highest consumed commodity in the world followed by petroleum products.

Six Differences between Arabica and Robusta Coffee Beans:

Arabica and Robusta are the two kinds of coffee bean used in commercial coffee production. The two main differences between them include their taste and where they are grown. Arabica is said to be the more preferred flavor of bean while Robusta beans are more commonly used in blends.

Here is a list of some of the main differences between the two beans:

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1. Robusta beans contain a higher level of caffeine than Arabica beans. This factor may be a decision maker for some people when choosing their coffee as Robusta beans contain almost double the amount of caffeine.
2. Arabica beans have a milder, more aromatic taste while Robusta beans hold a stronger, more acquired flavor.
3. When it comes to their difference in shape, Arabica beans are flat and elongated while Robusta beans have a more obvious rounded shape.
4. When they are still on their plant, the beans can easily be told apart by their difference in colour as Arabica beans are a darker shade of green than Robusta beans.
5. Arabica beans are cultivated in more subtropical climates and can only be grown in higher climates in places such as Central and South America. Robusta beans on the other hand can be cultivated at lower altitudes and require little rainfall to grow, making them more common to places in Central and West Africa and South East Asia.
6. Over 70% of the coffee grown around the world is Arabica. And although Arabica is generally known as the higher quality bean, there are many high quality blends of Robusta available on the market too.

Due to the fact that Arabica is the more flavorsome of the two types of bean it also fetches a higher price. Higher quality coffee blends consists of 100% **Arabica coffee beans** while cheaper blends are usually made up of a mix between the two beans. These are often considered to be of a lower quality.

History of coffee:



Legend on discovery of coffee:-

According to the a Coffee History legend, an Arabian goat herder named Kaldi found his goats dancing joyously around a dark green leafed shrub with bright red cherries in the southern tip of the Arabian Peninsula, in what today is calledKaffa region of Ethiopia. Kaldi soon determined that it was the bright red cherries on the shrub that were causing the peculiar euphoria and after trying the cherries himself, he found of their stimulating or energetic effect. These all the activities were shared to monks at a local monastery and they tried to have it by cooking then they found tasteless. After that all the remaining cherries were discarded to burning fire then some minutes later a kind of very pleasant aroma appears around there from the burning charcoal of cherries. Immediately, the monks collect the charcoal of burning cherries, made them paste and dissolve with the hot water then drink them what was very tasty

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and flavorful. It helps them to stay awake in the night during the hours of prayer. This is how, coffee was born.

The Arabs were the first, not only to cultivate coffee but also to begin its trade. By the fifteenth century, coffee was being grown in the Yemeni district of Arabia and by the sixteenth century it was known in Persia, Egypt, Syria and Turkey.

Its popularity was perhaps due, in part, to the fact that Muslims, forbidden alcoholic drink by the holy book "Koran", found coffee's energizing properties to be an acceptable substitute.

Coffee culture started from the Arab community as a social and energizing beverages and gradually coffee culture is developed throughout the Europe, America and all around the world. Nowadays, coffee stands as a second highest consuming commodity in the world following petroleum products.

Coffee Growing Region



The area/equator band between topica of cancer and capricorn is called coffee belt or growing region. Basically, there are three primary coffee growing region in the world.

1. Latin America: Brazil, Columbia, Guathemala, Costa Rica.
2. Africa/ Arabian: Ethopia, Kenya, Tanzania, Yeman, Zimbabwe, Zambia.
3. Asia- Indo- Pacific: Mansonmalbar, Indonesia, India, Veitnam .

According to the coffee specialists, Geography itself is the flavor of coffee. Taste, flavor and quality of coffee is directly effected by the growing region. Generally coffee from the three regions has different taste and flavors. Coffee from the region of Latin America has cocoa, chocolaty and nuty flavor, coffee from the Africa and Arabia region has citrusy, fruity flavor , and coffee from Asia-Indo-pacific has earthy, spicy and charcoally flavor.



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Beans to cup

Plantation

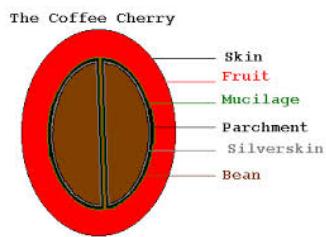
Coffee grows in tropical and subtropical climates - usually no more than 1,000 miles from the equator, and will grow at altitudes between sea level and 6,000 feet. Coffee trees begin their lives in nurseries and stay there until they reach 18 to 24 cm tall, typically after 1 year. They are then transported to a farm and planted 10 to 12 feet apart. Coffee can grow to be 20 feet tall, but due to the difficulty in harvesting, coffee is usually pruned to grow 8-12 feet tall (depending on the country.) It takes 4-5 years for a coffee tree to start producing coffee. Flowers cover the branches of the coffee tree for 2-3 days and release a scent similar to jasmine. Six to nine months later small green cherries that hold two coffee seeds appear. During the ripening process, the coffee cherries evolve from green to yellow, then, at their peak of ripeness, to deep red. A few species turn dark orange/yellow when they are ripe. These berries are referred to as *coffee cherries* because of the resemblance of their color, shape, and size to cherries. The ripe red coffee cherries have several layers. Within the tough outside layer there is a fleshy pulp surrounding a layer of protective parchment and silverskin that encloses two round or oval seeds or 'beans' that are flat on one side. The beans can be planted to grow more coffee or processed to produce green coffee beans that will later be roasted and ground to make fresh coffee.

Harvesting

Most of the world's coffee is grown by small farmers on five to seven acres of land. The farmers and their families harvest it by hand into large baskets or sacks when the cherries are ripe.

Coffee ripens throughout the harvest season, but is divided into the beginning, middle and end of the harvest. Generally, the lower the altitude, the warmer the climate and the sooner the crop will ripen. In other words, coffee at 1,800 feet will ripen faster than coffee grown at 3,000 feet. The beginning of the harvest yields a smaller amount of coffee and the flavor is oftentimes thought to be astringent, vegetal, and undeveloped in flavor. The middle of the harvest brings in the bulk of the crop, with a more developed and mature flavor. The end of the harvest is usually seen as the leftovers from the season. At Equal Exchange, we buy our coffee in the middle of the harvest when the coffee is more refined and mature in flavor and there is more coffee to choose from to match our specific flavor profiles

Parts of cherry



Coffee Processing

The process transforming coffee cherries to beans is usually referred to as coffee processing. In this process, the waste from the crop (coffee cherries) and various outer layers of the



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beans. There are three methods for transforming the coffee cherries to beans which have direct impact on the cost and quality of coffee.

1. Wet/Washed method.
2. Dry/Natural method.
3. Semi-dry method.

Wet/Washed method:

In this process the fruit covering the seeds/beams is removed before they are dried by pulping machine. This method requires the use of specific equipment and substantial quantities of water

After picking coffee cherries , they are sorted by immersion in water. Bad and unripe cherries will float and the full ripe will sink . and then the full ripe cherries are sent to pulping machine to remove fruit and skin of beans. The bean will still have a significant amount of the pulp clinging to remove that pulp, it is sent to fermentation. The fermentation process takes between 24 to 36 hours, depending on the temperature, thickness of the mucilage layer and concentration of the enzymes. After that the thin skin cover beans which is known as Parchments are dried either on the sun or in the machine. When they are dry the thin layer of beans are removed by hulling then green beans are ready to roast.

Dry /Natural method:

This processing method is known as oldest method. The entire cherry after harvest is first cleaned and then placed in the sun to dry.

the harvest cherries are usually sorted and cleaned to separate the unripe, overripe and damaged cherries and to remove dirt, soil, twigs and leaves. And then they are dried in the sun until they are fully dried, it may take up to 4 weeks. When the cherries are dried they are sent to hulling to remove outer layers of coffee beans. Then green beans are ready to roast.

Semi-dry method:

This process is a hybrid process used in Indonesia and Brazil. In this process farmers remove the outer skin from the cherries mechanically, using locally built pulping machines. The coffee beans, still coated with mucilage, are then stored for up to a day. Then the parchments are directly dried in the sun when they are fully dried sent them to hulling machine to remove layers of green beans.

Grading green beans: After the coffee processing beans are graded in terms of taste, size and quality. Premium quality coffee refers as A grade coffee and respectively B, C grade and so on.

Decaffeination process: the process which done for removing the caffeine from the beans is called decaffeination process, should done before coffee roasting and after coffee processing. After the this process only the 97% of caffeine can be removed. Generally this process can be done by using two common decaffeination process; **Swiss water process** and **Direct contact method**. Direct contact is commonly used method of decaffeination of coffee than the Swiss water process. After the decaffeination process the coffee called as Decaf coffee.



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Coffee Roasting



Roasting is a heat process that turns coffee into the fragrant, dark brown beans with which we are most familiar. Before being roasted, the beans were stored green, a state in which they can be kept without loss of quality or taste. Once roasted, however, they should be used as quickly as possible before the fresh roast flavor begins to diminish.

Roasting is a technical skill which approaches an art form. It takes years of training to become an expert roaster with the ability to 'read' the beans and make decisions with split second timing. The difference between perfectly roasted coffee and a ruined batch can be a matter of seconds.

Roasting brings out the aroma and flavor that is locked inside the green coffee beans. A green bean has none of the characteristics of a roasted bean. It is soft and spongy to the bite and smells green, almost 'grassy.' Roasting causes numerous chemical changes to take place as the beans are rapidly brought to very high temperatures. When they reach the peak of perfection, they are quickly cooled to stop the process. Roasted beans smell like coffee, and weigh less because the moisture has been roasted out. They are crunchy to the bite, ready to be ground and brewed.

Types of Roasts



In general, we can categorize the most common in four types of coffee roasts from light to dark as follows:

Light Roasts

Light brown in color. This roast is generally preferred for milder coffee varieties. There will be no oil on the surface of these beans, because they are not roasted long enough for the oils to break through to the surface

- Light City



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- Half City
- Cinnamon
- New England

In this roast the surface of bean is dry and it appears at the first pop or crack. It has lighter body and high acidity in taste. It is roasted at temperature between 190 to 205 degree Celsius.

Medium Roasts

Medium brown in color with a stronger flavor, and a non-oily surface. This roast is often referred to as the American roast because it is generally preferred in the United States.

- City
- American
- Breakfast

Surface of beans still remain dry. Balance on body and acidity aroma and complexity in taste. It is roasted 210 to 219 degree Celsius.

Medium—Dark Roasts

Rich, dark color with some oil on the surface and with a slight bittersweet aftertaste

- FullCity

The surface of beans is lightly shiny. Heavier body, spicy and complexity taste is found. It appears at the second pop or crack of beans. The temperature of roasting is 225 degree Celsius.

Dark Roasts

Shiny black beans with a oily surface and a pronounced bitterness. The darker the roast, the less acidity will be found in the coffee beverage. Dark roast coffees run from slightly dark to charred and the names are often used interchangeably which can be very confusing. Be sure to check your beans before you buy them!

- High
- Continental
- New Orleans
- Espresso
- Viennese
- Italian
- French

The surface of beans is very oily in this roast. the beans are roasted at the temperature between 230 to 250 degree Celsius. The flavor is smoky –sweet light body but quite intense.

Packaging: Packaging is the most import part to preserve the freshness, flavor and taste of roasted coffee beans. After roasting, coffee can be affected by four enemies of coffee; sunlight, heat, moisture and oxygen. To prevent from those enemies of coffee roasted coffee should packed in the flavor lock or one way valve which helps to protect from oxygen and release the chemicals which produce from roasted beans. According to the international standards freshness of roasted beans can be preserved for one year if it is packed in flavor lock bag. Whence you open the bag it should be used within 7 days.



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Brewing coffee: coffee beverages can be brewed by using several brewing methods; generally three kinds of brewing method are applied in the coffee house. They are Coffee Press, Paper filter brewer and espresso brewing method, among them espresso brewing method is the most famous all around the world. To get the best taste of beverages coffee ground should be suitable to the brewing method. Coarse ground for coffee press, medium ground for paper filter and fine ground for espresso should be used.



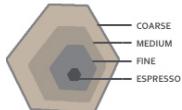
Four fundamentals of brewing great coffee

Every cup we make in our stores begins with one simple formula: proper proportion, accurate grind, quality water and fresh coffee. This combination can be used at home, no matter how you brew coffee. Learn more about the Four Fundamentals here, and you can always count on that consistent quality

1. PROPORTION:- The recipe for great coffee is 2 Tbsp (10 g) of freshly ground coffee for every 6 floz (180 mL) of water. Keep this proportion consistent no matter how much you're brewing. If the results are too strong for your taste, add hot water to your cup. Using less coffee will create a bitter cup.



2. GRIND:- If you're not sure what coffee grind to use, just think about your chosen brewing method. The coffee grind size directly affects how much time the grounds are in contact with water. Espresso machines, for example, require very finely ground coffee. A rule of thumb: the finer the grind, the shorter the brew time. If you're not sure what your grind should look like, not to worry. Your barista can always grind your whole bean coffee for you.



3. WATER:- Water makes up 98% of every cup of coffee. So it's important that it tastes clean, fresh and free of impurities. Filtered or bottled water is best, but if you're using tap water, make sure it's cold. Heat the water to almost boiling at 195° to 205°F in order to extract the coffee's full range of flavors.

4. FRESHNESS

An opened bag of coffee is highly perishable, just like fresh produce. Store your beans in an airtight container at room temperature for no longer than a week. The trick is to keep it away from **oxygen, light, heat and moisture** as much as possible. We recommend grinding your beans just before brewing to make sure the end result is fresh flavor.

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Espresso Machine:

Espresso machine refers that the machine which is used to brewed or pulled espresso shot under the pressure of near boiled water through the fine coffee ground coffee within 25 to 30 seconds. The concept of espresso is developed in Italy and now it is popular all around the world. Moreover, espresso machine first invented in Italy. There are different types of espresso machine which are as follows:

- Manual espresso machine (lever machine).
- Semi-automatic espresso machine.
- Automatic espresso machine.
- Super automatic espresso machine.

Manual Espresso machine

The Espresso machine which pulled espresso shot manually by pulling lever is known as manual machine. It is also known as lever machine.

Semi-automatic Espresso machine

The Espresso machine which pull espresso shot by pushing on/off switch is a semi-automatic Espresso machine.

Automatic Espresso machine

The Espresso machine which pull espresso shot by pushing button and it stops automatically when the shots are full as required.

Super automatic Espresso machine

The Espresso machine which operate all the procedure of pulling espresso shot automatically such as grinding coffee, steam milk, dosing and so on as per set of program in the machine is known as super automatic machine.

Components of Espresso machine





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Art of ESPRESSO

Espresso is a concentrated beverage brewed by forcing a small amount of nearly boiling water under **pressure** through finely ground **coffee beans**. Espresso often has a thicker consistency than coffee brewed by other methods, a higher concentration of suspended and dissolved solids, and *crema*(meaning *cream*, but being a reference to the foam with a creamy texture that forms as a result of the pressure).



Espresso is made by forcing pressurized, hot water through very finely ground coffee beans. This process is called “pulling a shot.”

The term "[espresso](#)" is derived from the Italian word for express since espresso is made for and served immediately to the customer. A double espresso is a 60mL (2 ounce) extract that is prepared from 14-15 grams of coffee through which purified water of 88-95°C has been forced at 9-10 atmospheres of pressure for a brew time of 25-30 seconds. The espresso should drip out of the porta-filter like warm honey, have a deep reddish-brown color, and a crema that makes up 10-30% of the beverage.

Generally, Life time of espresso shot is 10 second.

To know the perfect shot of espresso shot a Barista must consider six variables of Espresso:

SIX VARIABLES OF ESPRESSO

- Water.
- Freshness.
- Grind.
- Dose.
- Tamp
- Pouring rate

Unlike brewing regular coffee, an espresso shot is pulled by forcing hot water through finely ground coffee. Pulled too fast and the shot is light. Pulled too slow and the shot is bitter. The perfect shot of espresso is dense and caramelly sweet. As it pours, it looks like honey dripping from a spoon.

There are three layers in a perfect espresso shot: Crème—the golden-brown creamy top, Body—the middle and Heart—the darkest part of the shot in the lower center.



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Standard recipes of coffee beverages

Hot coffee beverages		
S.N.	Beverages	Standard recipe
1	Espresso	a very strong coffee which is brewed under the pressure of nearly boiled hot water through finely ground coffee. Single shot of espresso:- 30ml coffee which is poured between the time of 25 -30 second.
2	Doppio Espresso	Double shots of espresso
3	Ristretto	15 to 20 ml shot of coffee brewed at high pressure in 15 to 20 second.
4	Espresso Lungo	60ml or 2ounce shot of coffee brewed at high pressure for 50 to 60 second.
5	Espresso Macchiato	a shot of espresso topped with a spoonful of frothed milk foam served in demitasse cup.
6	Espresso con panna	a shot of espresso topped with whipped cream in a demitasse cup
7	Espresso affogato	a scoop of ice cream drowned in a shot of espresso.
8	Americano	two shots of espresso with hot water.
9	café Latte	a shot of espresso and pour steamed milk with little foam on top.
10	Cappuccino	a shot of espresso and pour steamed milk with deep layer of creamy foam on top.
11	Flavor Latte	a shot of espresso with choice of flavor(30ml) and pour steamed milk with little milk foam on top. (caramel Latte, Honey latte, vanila latte, Irish latte etc.)
12	Caramel Macchiato	fill a cup with steamed milk and vanila syrup then top with little foam. Pour a shot of espresso on top of the foam to mark. Add caramel sauce to decorate on top.
13	Café Mocha	a shot of espresso mixed with darck chocolate syrup topped with steamed milk. Add whipped cream and topping with five spirals of chocolate sauce on top.
14	White Mocha	a shot of espresso mixed with white chocolate syrup topped with steammed milk. Add whipped cream.
15	Flat White	a shot of espresso and pour steamed milk without foam on top. Basically Flat White is made from low fat or skimmed milk.
16	Mochaccino	a shot of espresso mixed with darck chocolate syrup and pour steamed milk with deep layer of creamy foam. Add sprinkles of cocoa powder on top.



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Iced and Blended coffee beverages		
S.N.	Beverages	Standard recipes
1	Iced Americano	put some ice cubes (6-8cubes) on tall glass, pour double shots of espresso and fill the glass with cold water. Serve with straw and separate sugar syrup.
2	Iced Latte	put some ice cubes (6-8cubes) on tall glass, pour double shots of espresso and fill the glass with cold milk. Serve with straw and separate sugar syrup.
3	Iced Cappuccino	put some ice cubes about 6-8 cubes on tall glass, pour two shots of espresso and fill the glass with cold milk with deep layer of milk foam.
4	Iced Mocha	some ice cubes about 6-8 cubes on tall glass, chocolate 30-40ml, two shots of espresso,cold milk and topped with whipped cream and chocolate drizzle on top.
5	Iced white Mocha	some ice cubes about 6-8 cubes on tall glass, white chocolate 30-40ml, two shots of espresso,cold milk and topped with whipped cream on top.
6	Iced Caramel Macchiato	some ice cubes about 6-8 cubes on tall glass, vanilla syrup 30ml, fill the glass with cold milk, pour two shots of espresso on top and topping with caramel drizzle.
7	Blended coffee	Two shots of espresso, some cold water blended with 6-8 cubes ice and serve it on the tall glass. If needed sugar syrup can be add before blending to the taste.
8	Blended Latte	Two shots of espresso, some cold milk blended with 6-8 cubes ice and serve it on the tall glass. If needed sugar syrup can be add before blending to the taste.
9	Blended Mocha	chocolate 30-40ml, double shots of espresso, some cold milk blended with ice cubes , pour on the tall glass and topped with whipped cream as well as some spirals of chocolate on top.
10	Blended white Mocha	white chocolate 30-40ml, double shots of espresso, some cold milk blended with ice cubes , pour on the tall glass and topped with whipped cream on top.
11	Blended Caramel	Caramel syrup 30ml, two shot of espresso, some cold milk blended with ice cubes , pour on the tall glass and topped with whipped cream as well as some spirals of caramel sauce on top.
12	Blended Java chips	Chocolate 30-40ml, two tea spoon Chocó chips, double shots of espresso, some cold milk blended with ice cubes , pour on the tall glass and topped with whipped cream as well as some spirals of chocolate on top.