COFFEE SKILLS PROGRAM

Barista

Foundation | Intermediate | Professional

Specialty Coffee Association

BARISTA SKILLS

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BARISTA SKILLS CURRICULUM: FOUNDATION			
Title of module		Barista (espresso)	
Level		Foundation	
Recommended course hours		7 hours including exams	
Course aim		Designed to introduce core barista skills to people with no previous barista experience. Successful candidates should be able to calibrate their grinders and make an espresso and cappuccino to core standards.	
Information for trainer		Introduction to Coffee is a recommended (but not mandatory) pre-requisite module. All knowledge and skill from these modules will be assumed as being held and may be tested through the practical and/or written assessments.	
Subject/ code	**Sub code**	**Knowledge / Skill** *(what does the student need to know/what should the student be able to do)*	**Objective** *(what does the student need to do to demonstrate knowledge or skill)*
1.01 COFFEE BEANS	1.01.01	The differences between Arabica from Robusta, including growing conditions, caffeine levels, pest & disease resistance, flavor and visual differences	Recognizes key differences between Arabica & Robusta
	1.01.02	The importance of coffee freshness, including: • the use of a sealed bag, ideally within one month after roasting and within a maximum of three months; • grinding coffee fresh (to order) within 3 minutes of preparing; • avoiding the storage of beans in the hopper overnight or when not in use; • keeping lids on the bean hopper and doser chamber;	Identifies and describes the importance of using fresh coffee beans and how to keep them fresh

		• storing beans away from air, moisture, light and heat; • maintaining a stable temperature	
1.02 WORKSPACE MANAGEMENT	1.02.01	The importance of keeping the workspace clean, tidy and organized at all times	Maintains a hygienic and organized workspace which minimizes waste Demonstrates the appropriate position for commonly used tools, eg tamp, pitchers/jugs, cloths etc
1.03 GRINDING, DOSING AND TAMPING	1.03.01	The correct terminology to identify parts of grinder (hopper, adjustment collar, dosing chamber, fork, on/off switch) and espresso machine including switches (steam wand & tip, portafilter handle, grouphead, dispersion screen & gasket, drip tray, gauges, hot water spout, on/off switch, continuous/AV buttons)	Identifies correctly all key espresso machine and grinder component parts
	1.03.02	The acceptable range (per definition) of coffee used in espresso, and how distribution of coffee grounds affects extraction. The impact of tamping on distribution, and extraction flow	Describes and demonstrates the basics of dosing, distribution and tamping and their impact on extraction
	1.03.03	The correct dosing action to achieve correct input with minimal waste	Demonstrates good dosing and distribution technique to keep dose consistent from one espresso to the next and to minimize channeling
	1.03.04	Calibration of a grinder. The grinder should be calibrated to produce an espresso that falls within SCA standards. The grinder should be purged between adjustments	Demonstrates grind calibration, using a grinder with a dosing chamber OR an 'on-demand' grinder

	1.03.05	Identification of the impact of grind size on the final shot	Describes how the grind affects shot times Identifies when a grind is incorrect and corrects it to produce an espresso in 20-30 seconds.
	1.03.06	The correct use of a tamper to produce a flat and even surface on the tamped cake and to reduce repetitive strain injuries	Demonstrates a good tamping technique using a hand tamper
1.04 EXTRACTION & BREWING	1.04.01	Espresso is a method of preparation that takes finely ground coffee, compacts it into a portafilter and forces hot water through it under pressure to make a concentrated coffee beverage Sensory attributes are used to describe coffee There may be regional variations to espresso and cappuccino parameters used in the SCA exams: Dose: within 7g – 10g (14g – 20g double shot) Brew ratio: 1 / 1.5 – 1 / 2.5 Shot time: 20 – 30 seconds	Recognizes the key defining parameters of an espresso used within SCA examinations Tastes and describes attributes, such as aroma, body and flavor, of an espresso Chooses appropriate terms to describe flavor from the SCA Coffee Taster's Flavor Wheel Demonstrates awareness of regional variations in parameters
		There are five interdependent elements to brewing espresso: The bean / The barista / The machine / The grinder / The water	Lists the five inter-dependent elements to brewing espresso
	1.04.02	Preparation of the espresso machine requires: • having separate cloths for steam wand, counter and portafilter • checking that boiler pressure is up to 1 bar before use; • warming (seasoning) group handles by	Prepares the machine for use correctly and with appropriate equipment

		pulling a minimum of 1 shot per group before dialing-in; • Stacking cups on cup warmer and saucers and spoons etc. next to the espresso machine	
	1.04.03	Preparation of espresso involves the following steps: 1. Remove portafilter from grouphead and flush group 2. Wipe basket clean and dry 3. Dose and distribute desired grams of coffee 4. Tamp consistently, level & ergonomically 5. Clean loose grounds from portafilter surfaces 6. Insert portafilter into the grouphead and start the pump immediately, as one continuous motion 7. Observe the flow and stop pump appropriately 8. Serve or use to make espresso-based drink 9. Remove portafilter and knockout spent grounds 10. Wipe basket clean and flush group (rinse optional) 11. Return portafilter to grouphead to keep preheated	Demonstrates the correct steps for preparing espresso according to SCA standards
	1.04.04	Understanding of basic sensory qualities of • under-extracted espresso (thin body, unbalanced flavor with high acidity, poor crema), • over-extracted espresso (unbalanced	Recognizes by sight and tastes the differences between under-extraction, over-extraction and acceptable extraction

		flavor with high bitterness, poor crema) • an acceptable espresso (good body round and smooth, well balanced flavor (acidity, sweetness, bitterness), good visual crema which covers whole espresso (in line with coffee used)	
1.05 MILK TECHNIQUES	1.05.01	The importance of using fresh milk in maintaining foam standards: • Expired milk is unfit for consumption and should be discarded • The time milk is left out of the refrigerator should be minimised • Stock should be rotated (first in first out) • Pitchers/milk jugs should be emptied and cleaned before use • Pitchers/milk jugs should not be pre-filled • Milk should not be re-steamed	Describes the measures required to maintain freshness of milk
	1.05.02	Milk should be produced with consistently dense texture, with no visible bubbles and a shiny surface. (See SCA Foam Quality Guide).	Demonstrates the appropriate techniques required to produce correct milk texture (micro-foam).
	1.05.03	There is a desirable range of milk temperature: 55c-65c (131-149F) (Maximum temperature 70c/158F, Minimum of 50c/122F). All temperatures are measured in the cup, not the pitcher/jug	Demonstrates the appropriate techniques for producing the correct milk temperature
	1.05.04	The correct steps in foaming milk are: • Empty and clean pitcher before use	Demonstrates hygienic and efficient steps when foaming milk

		• Purge steam wand before foaming • Wipe steam wand immediately after use • Purge steam wand after wiping • Minimize milk waste	
	1.05.05	Drinks should be prepared to the required composition and visual requirements	Performs the techniques required to produce a cappuccino and caffe latte
1.06 BARISTA MENU	1.06.01	An espresso should be served to the specified size, taste and visual parameters (as per SCA exam requirements)	Demonstrates good techniques for preparing and serving an espresso
		A cappuccino should be served to the specified size, taste and visual parameters (as per SCA exam requirements)	Demonstrates good techniques for preparing and serving a cappuccino
1.07 HYGIENE, HEALTH & SAFETY	1.07.01	Risks related to safety and hygiene should be minimized and in accordance with local laws.	Demonstrates basic understanding of the local laws that apply to safety and hygiene when using espresso equipment and cleaning chemicals.
	1.07.02	The use of safe and hygienic work practices including: • Washing hands before preparing espresso and after eating, drinking, smoking etc • Keeping body and clothing (including apron) clean and hygienic • Using and cleaning machines safely – according to manufacturer's instructions and local laws • Using cleaning chemicals safely – according to manufacturer's instructions and local laws	Demonstrates safe and hygienic work practices when preparing and serving espresso beverages

		• Serving drinks safely and hygienically (Avoiding handling lip of the cup; aware of dangers of hot liquids/spillages)	
1.08 CUSTOMER SERVICE	1.08.01	The role of the barista is: • To prepare beverages correctly • To communicate information to customers • To represent the industry and the work of other coffee professionals	Defines the role of the barista in the customer experience and specialty coffee industry
		The principles of customer service cover products, atmosphere, work environment and service.	Lists the 4 aspects of customer service
1.09 CLEANING, MAINTENANCE & TROUBLE SHOOTING	1.09.01	Regularly cleaning the machine creates beverages that taste good, protects the long-term health of the equipment, and maintains a positive image to customers	Describes the importance of and demonstrates good techniques for daily cleaning of the grinder and espresso machine
		Good practice for daily cleaning of equipment includes: • Thorough cleaning of the steamwand • Wiping drying the bean hopper. • Emptying the doser chamber and brushing out all excess ground coffee beans thoroughly. • Wiping splashes and spills on outside of grinder and machine. • Back flushing the espresso machine with coffee detergent at least once a day. • Brushing and cleaning group heads of all excess coffee beans and oils.	Lists or describes the hygiene implications and operation issues (eg blockages) resulting from not properly purging and wiping the steamwand

		• Flushing and cleaning steam wands. • Removing and cleaning drip tray	
1.1 CAFE MANAGEMENT	1.10.01		Not required at this level

References

Title	Author	Type of Reference
Barista Bible	Christine Cottrell	Book
The Ultimate Coffee Book for Beginners & Professionals	Johanna Wechselberger, Tobias Hierl	Book
Coffee with Tim Wendelboe	Tim Wendelboe	Book
Baristas Guide to Coffee	Tristan Stephenson	Book
Espresso Quest	Instaurator	Book