



**COFFEE
SKILLS
PROGRAM**



Introduction to Coffee



Specialty
Coffee
Association



**INTRODUCTION
TO COFFEE**

INTRODUCTION TO COFFEE CURRICULUM			
Title of module		Introduction to Coffee	
Level		n/a	
Recommended course hours		4 Hours (including written exam; there is no practical)	
Course aim		Introduction to Coffee is an ideal module for anyone who is new to the coffee industry or just has an interest in this wonderful drink. It charts coffee's journey from its origins in Ethiopia to the major commodity it is today, enjoyed by millions of people around the world. From farming the cherries through drying, roasting, brewing and finally drinking, this module looks at the processes coffee goes through. This half day course also includes a "coffee cupping" which allows you to taste the various flavors coffee has to offer.	
Information for trainer		No prerequisite required	
Code/ subject	Sub code	Knowledge/skills <i>(what does the student need to know/what should the student be able to do)</i>	Objective <i>(what does the student need to do to demonstrate knowledge or skill)</i>
1.01 WHAT IS SPECIALITY COFFEE	1.01.01	Difference between freshly brewed coffee and instant coffee	Recognize specialty coffee from instant coffee in a cupping
	1.01.02	Specialty coffee is distinct from commercial grade and defect coffees There are different quality standards in flavor. (May be compared to other industries, such as the wine industry, to gain an understanding)	Identify key aspects of specialty coffee State the different variables that may affect quality (such as picking/stripping, altitude, defects etc)
	1.01.03	Basic difference between taste and flavor Difference between tastes derived from the tongue and how the addition of aroma allows us to define flavor	Recognize the five basic tastes our tongue can identify
1.02 COFFEE HISTORY	1.02.01	Coffee's historical development as a drink: <ul style="list-style-type: none"> Arabica's origins in Ethiopia, its spread through the Arabic world and into Europe 	Describe the origins and spread of coffee as a drink to the present day Identify the largest consuming country(ies) of coffee

		<ul style="list-style-type: none"> • Historical development of coffee drinking in your country • Who are the largest consumers of coffee in the world 	
	1.02.02	<p>The historical development of coffee cultivation</p> <ul style="list-style-type: none"> • Knowledge of Arabicas discovery in Ethiopia, and Robustas discovery in the Congo • Basic knowledge of the first attempts at cultivation of coffee in other countries • Knowledge of the movement of coffee to Bourbon (Reunion) by the French in 1715, giving rise to one of our main Arabica varieties • Knowledge of the overall size of the coffee industry and the largest producing countries 	<p>Describe the origins and spread of coffee cultivation to the present day</p> <p>Identify the largest coffee producing countries</p>
1.03 UNDERSTANDING THE BEANS	1.03.01	<p>Coffee is derived from the fruit of a tree</p> <p>Identification of the coffee tree and its fruit</p> <p>Structure of the cherry and that two beans normally exist within (or just one peaberry)</p>	<p>Identify basic structure of the coffee cherry</p> <p>State the correct name of a single bean within the cherry</p>

	1.03.02	<p>Coffee has a number of species, with Arabica and Canephora (Robusta) being the main ones grown</p> <p>Arabica and Robusta are the most common species of coffee but they are not the only coffee species</p> <p>Key differences between these two main species: visually, growing conditions, caffeine levels</p> <p>Differences in main flavors derived from these key species</p>	<p>Identify Arabica from Robusta in a cupping or as a brewed coffee</p> <p>Describe the relative acidity and body typically derived from Arabica and Robusta</p>
	1.03.03	<p>Geographical areas involved in growing coffee</p> <p>Equatorial areas that coffee grown, including the main continental areas of Central and South America, Africa and Indonesia</p> <p>Geographic position may influence coffee flavor</p> <p>Soil conditions, altitude, climate etc. affect the flavor derived from the coffee</p>	<p>State the main areas in which coffee is grown</p> <p>State the influence geographical position may have on coffee flavor</p>
	1.03.04	<p>Main processing methods of coffee: wet processed/washed coffee and dry process/natural coffee</p> <p>The flavors derived from the different processing methods</p> <p>The steps coffee goes through to get from the farm to the roaster</p>	<p>Describe the main methods of processing coffee</p> <p>Identify the flavor profile of each processing method</p> <p>State the key stages coffee goes through to get from the farm to the roaster</p>

1.04 THE BASICS OF ROASTING	1.04.01	<p>Steps in the roasting process and the equipment used</p> <p>Basic steps in the roasting process and the changes the beans undergo</p> <p>How acidity diminishes as sweetness and bitterness increase throughout the roasting process</p>	<p>Recognize a traditional roaster</p> <p>Identify key stages in the roasting process</p> <p>Identify how flavors change during the roasting process</p>
1.05 COFFEE FRESHNESS	1.05.01	<p>Importance that freshness has in relation to quality coffee flavor</p> <ul style="list-style-type: none"> • Coffee oxidizes in the presence of air, diminishing coffee quality • How quality packaging minimizes oxidization • Moisture and excess of temperature can be detrimental to coffee quality • Coffee should be used within the day when beans are placed in the hopper and used immediately when ground, in order to optimize flavor 	<p>Identify the factors that affect freshness and have an impact on coffee quality</p>
1.06 BREWING BASICS	1.06.01	<p>Range of different equipment and methods available to brew coffee</p>	<p>Recognize at least five different brewing methods</p>
	1.06.02	<p>The basic principles of brewing coffee</p> <ul style="list-style-type: none"> • When brewing we are extracting/ dissolving elements out of the ground coffee. That only a certain percentage of the bean is dissolvable into the final cup and that some dissolvable flavors are desirable and others are undesirable • Difference between terms Under and Over Extraction, and why 18-22% extraction may be considered desirable 	<p>Identify the standard coffee to water ratio for filter coffee</p> <p>Identify the standard quantity of coffee used to brew an espresso</p> <p>State the impact of under extraction and over extraction</p> <p>State the optimum amount of extraction from coffee beans</p> <p>Identify optimum water temperature for coffee extraction</p>

		<ul style="list-style-type: none"> • How grind size will affect the extraction. • Quantity of coffee advised for different brewing methods: 50-60g for Gold Cup Standard filter coffee; 14g commonly used for a double espresso in Italy but higher doses used in some cultures • Time is important to what is extracted e.g. why 20-30 seconds is commonly used for an espresso • Water temperature is important to extraction and most brewing methods use water temperatures around 92-96c • Water quality is important to the flavor of the drink and that filters may be required to control this and protect machines from scale 	
1.07 DRINKS MENU	1.07.01	Common drinks produced with coffee	Recognize common coffee drinks such as espresso, cappuccino, latte, americano, filter/brewed coffee, and describe their content