

# BARISTA SKILLS

*Barista skills*

FOUNDATION





## LEVEL: FOUNDATION

OVERVIEW: DESIGNED TO INTRODUCE CORE BARISTA SKILLS TO PEOPLE WITH NO PREVIOUS BARISTA EXPERIENCE. SUCCESSFUL CANDIDATES SHOULD BE ABLE TO SIMPLY CALIBRATE THEIR GRINDERS AND MAKE AN ESPRESSO AND CAPPUCCINO TO CORE STANDARDS. COURSE LENGTH IS ESTIMATED AT 1/2 - 1 DAY.

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.

CODE/ MODULE	SUB CODE	KNOWLEDGE/SKILL REQUIRED	STANDARDS
<b>1.01 COFFEE BEANS</b>	1.01.01	Understanding of the key flavours differences between Arabica & Robusta.	Recognises Arabica from Robusta in blind tasting (as tested in Introduction to Coffee Module).
	1.01.02	Understanding of the importance using fresh coffee beans and how to keep them fresh.	Uses a sealed bag, ideally within one month after roasting; maximum 3 months. Uses beans immediately after grinding. Minimises time in the hopper. Keeps lids on the bean hopper and doser chamber.
	1.01.03	Understanding of how to store coffee to minimize deterioration.	Stores beans away from air, moisture, light and temperature extremes at all times.
<b>1.02 WORKSPACE MANAGEMENT</b>	1.02.01	Understanding of the importance of maintaining a hygienic and organised workspace.	Always keeps workspace clean, tidy and organised.
<b>1.03 GRINDING, DOSING AND TAMPING</b>	1.03.1	Identification and naming of parts of main parts of a grinder.	Uses correct terminology: bean hopper, grind adjustment, dosing chamber and dosing lever (if applicable), dose adjustment, hopper gate.
	1.03.2	Basic understanding of how dose affects shot times (Too small/underdosed leads to faster shot times and too large/overdosed leads to slower shot times.).	Recognises when the dose is incorrect (too small or too large).
	1.03.3	Demonstration of good dosing technique – to keep dose consistent from one espresso to the next.	Uses the correct dosing action – to dose consistently with minimal spillage.
	1.03.4	Demonstration of dose calibration – using either a grinder with a dosing chamber OR "on demand" grinder. (traditionally 7grams for a single and 14 grams for a double; but now commonly 'updosed') Aiming for an extraction time of 20-30 seconds.	Adjusts volumetric OR time-based dose controls to produce an espresso within 20-30 seconds.
	1.03.5	Demonstration of initial grind calibration – using a grinder with a dosing chamber OR an 'on-demand' grinder.	Calibrates grind within 15 minutes to produce and espresso in 20-30 seconds – with a subsequent minor adjustment (as requested), made within 10 minutes.
	1.03.6	Basic understanding of how the grind affects shot times (given that the dose has already been calibrated and dosing is consistent).	Recognises when the grind is incorrect (too coarse or too fine) and corrects it to produce an espresso in 20-30 seconds.
	1.03.7	Understanding of when micro-adjustments to the grind are needed.	Makes micro-adjustments to the grind due to environmental conditions (temperature of grinder and surroundings, humidity levels, condition of the burrs, freshness of beans etc.).
	1.03.8	Demonstration of good technique for evenly distributing the dose in preparation for tamping.	Techniques for evenly distributing ground coffee over the filter is evidenced.
	1.03.9	Demonstration of good tamping technique using a hand tamp.	Holds tamp correctly to produce a flat and even surface on the tamped cake – and to reduce repetitive strain injuries.



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<b>1.04 EXTRACTION &amp; BREWING</b>	1.04.1	Identification and naming of main parts of an espresso machine. Understanding of how to turn the espresso machine on and prepare it for use.	Uses correct terminology: group head, group handle, filter basket, shower, seal, steam wand, steam nozzle on-off controls (steam, extraction, hot water), gauges (pressure, temperature, water level), drip tray, cup warmer. Checks that boiler pressure is up to 1 bar before use. Warms group handles and seasons groups Stacks cups on cup warmer; stacks saucers and spoons etc. next to the espresso machine.
	1.04.2	Demonstration of steps for preparing espresso.	Dry wipes filter basket before dosing. Has acceptable spillage/waste when dosing and grinding. Uses consistent and effective dosing, distribution and tamping (consistent dosing, well distributed to avoid channeling, flat tamp without tapping filter). Cleans rim of filter before inserting. Flushes group head before attaching portafilter. Immediately brews when portafilter inserted.
	1.04.3	Understanding of basic sensory qualities of under-extracted espresso (thin body, unbalanced flavour with high acidity, poor crema), over-extracted espresso (unbalanced flavour with high bitterness, poor crema) and a good espresso (good body round and smooth, well balanced flavour (acidity, sweetness, bitterness), good visual crema (in line with coffee used) (It is expected that students will control this by aiming extraction time at 20-30 seconds, at this level)	Recognises differences between under-extraction, over-extraction and good extraction.
	1.04.4	Demonstration of good technique for making a micro-adjustment to the grind to improve the quality of poorly extracted espresso – aiming for an extraction time of 20-30 seconds, at this stage.	Extracts espresso in 20 - 30 seconds. Visual look of the espresso is consistent to desired standards.
<b>1.05 MILK TECHNIQUES</b>	1.05.1	Understanding of the importance of freshness of milk.	Uses fresh milk to maintain foam quality. Discards older or "off" milk.
	1.05.2	Understanding of why it is important to use milk hygienically.	Minimises time milk is left out of the refrigerator, rotate stock, empties and cleans jug before use, and milk is never re-foamed.
	1.05.3	Demonstration of techniques required to produce correct milk texture (micro-foam).	Produces milk with consistently dense texture, with no visible bubbles and a shiny surface. (See CDS Foam Quality Guide).
	1.05.4	Demonstration of good techniques for producing the correct milk temperature.	Desirable range 55c-65c (Maximum temperature 70c, Minimum of 50c).
	1.05.5	Demonstration of efficient steps when foaming milk.	Empty and clean jug before use Purges steam wand before foaming Wipes steam wand after use Purges steam wand after wiping Minimise milk waste.
	1.05.6	Understands the pouring techniques required to produce a cappuccino and caffe latte.	Can pour drinks to the required composition and visual requirements.
<b>1.06 BARISTA MENU</b>	1.06.1	Demonstration of good techniques for preparing and serving an espresso.	Prepares an espresso to the desired size, taste and visual parameters (as per CDS drink definitions) .



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		Demonstration of good techniques for preparing and serving a cappuccino	Prepares a cappuccino to the desired size, taste and visual parameters (as per CDS drink definitions)
<b>1.07 HYGIENE, HEALTH &amp; SAFETY</b>	1.07.1	Basic understanding of the local laws that apply to safety and hygiene when using espresso equipment and cleaning chemicals.	Minimises risks related to safety and hygiene according to local laws. <b>(cleans outside of steam wand – every time immediately after use).</b>
	1.07.2	Demonstration of safe and hygienic work practices when preparing and serving espresso beverages	Washes hands and rinses wipes regularly. <b>(purges inside of steam wand – every time immediately after use).</b> Keeps body and clothing (including apron) clean and hygienic. Uses and cleans machines safely – according to manufacturer's instructions and local laws. Uses cleaning chemicals safely – according to manufacturer's instructions and local laws. Serves drinks safely and hygienically (Avoiding handling lip of the cup; aware of dangers of hot liquids/spillages)
<b>1.08 CUSTOMER SERVICE</b>	1.08.1	Not required at this level.	<b>(has acceptable milk waste after pouring).</b>
<b>1.09 CLEANING, MAINTENANCE &amp; TROUBLE- SHOOTING</b>	1.09.1	Understanding of the importance of regular (at least daily) cleaning of the grinder and espresso machine Understanding of the importance of keeping the steam wand clean	Cleans the grinder and espresso machine as required. Purges the steam wand before each use and cleans it after each use.
	1.09.2	Demonstration of good techniques for daily cleaning of a grinder	Washes and dries the bean hopper. Empties the doser chamber and brushes out all excess ground coffee beans thoroughly. Wipes splashes and spills on outside of grinder.
	1.09.3	Demonstration of good techniques for daily cleaning of an espresso machine	Back flushes the espresso machine at least once a day. Brushes and cleans group heads of all excess coffee beans and oils. Flushes and cleans steam wands (never soaks them). Removes and cleans drip tray. Wipes splashes and spills on outside of espresso machine.
<b>1.10 FINANCIAL MANAGEMENT</b>	1.10.1	Not required at this level	