

INTRODUCTION  
TO COFFEE

# Introduction to coffee





# SCAE COFFEE DIPLOMA: INTRODUCTION TO COFFEE

OVERVIEW: DESIGNED TO INTRODUCE THE NOVICE TO THE WORLD OF SPECIALITY COFFEE. COURSES DETAILING THE INFORMATION REQUIRED TO ATTEMPT THE QUALIFICATION ARE EXPECTED TO LAST 3-4 HOURS.

BLOOMS TAXONOMY: Remembering / Understanding.

CODE/ MODULE	SUB CODE	KNOWLEDGE/SKILL REQUIRED	STANDARDS
<b>1.01 WHAT IS SPECIALITY COFFEE</b>	1.01.01	Understanding of the difference between freshly brewed coffee and instant coffee.	Recognises Speciality coffee from instant coffee in a cupping.
	1.01.02	Understanding of quality in coffee, that Speciality coffee is distinct from commercial grade and defect coffees.	Very basic appreciation of different quality standards in flavour. (May be compared to other industries, such as the wine industry, to gain an understanding). Very basic understanding that quality may be affected by picking/stripping, altitude, defects.
	1.01.03	Understanding of the basics of taste and flavour.	Understand the difference between taste derived from the tongue and how the addition of aroma allows us to define flavour. Understand the five basic tastes our tongue can identify.
<b>1.02 COFFEE HISTORY</b>	1.02.01	Understanding of coffees historical development as a drink.	Knowledge of Arabicas origins in Ethiopia, its spread through the Arabic world and into Europe. Knowledge of the first European cafes. Knowledge of the historical development of coffee drinking in your country. Knowledge of the largest consumers of coffee in the world.
	1.02.02	Understanding of the historical development of coffee cultivation.	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.
<b>1.03 UNDERSTANDING THE BEANS</b>	1.03.1	Understand that coffee is derived from the fruit of a tree.	Aware of the look of the coffee tree and its fruit. Aware of the structure of the cherry and that two beans normally exist within (or just one peaberry).
	1.03.2	Understand that coffee has a number of species, with Arabica and Canephora (Robusta) being the main ones grown.  Understand the main flavours derived from these key species.	Awareness of Arabica and Robusta and that they are not the only coffee species. Aware of the key differences between these two main species: visually, growing conditions, caffeine levels.  Can identify Arabica from Robusta in a cupping or as a brewed coffee. Can describe the relative acidity and body typically derived from Arabica and Robusta.



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	1.03.3	Awareness of the geographic areas involved in growing coffee.	Awareness of the equatorial areas that coffee grown, including the main continental areas of Central and South America, Africa and Indonesia.
		Awareness that geographic position may influence coffee flavour.	Basic awareness that soil conditions, altitude, climate etc. affect the flavour derived from the coffee.
	1.03.4	Awareness of the main processing methods of coffee: wet processed/washed coffee and dry process/natural coffee.	Knowledge of the processing methods used in coffee and the resultant flavours.
		Understanding of the flavours derived from the different processing methods.	Understanding of the steps coffee goes through to get from the farm to the roaster.
<b>1.04 THE BASICS OF ROASTING</b>	1.04.1	Awareness of the steps in the roasting process and the equipment used.	Can recognise a traditional roaster. Knowledge of the basic steps in the roasting process and the changes the beans undergo.
		A basic understanding of how flavours change during the roasting process.	Understanding of how acidity diminishes as sweetness and bitterness increase throughout the roasting process.
<b>1.05 COFFEE FRESHNESS</b>	1.05.1	Understanding the importance that freshness has to quality coffee flavour.	Understandss that coffee oxidizes in the presence of air, diminishing coffee quality. Understands the role quality packaging has to minimising oxidization. Aware that moisture and excess of temperature can be detrimental to coffee quality. Understands that coffee should be used within the day when beans are placed in the hopper and used immediately when ground, in order to optimise flavour.
<b>1.06 BREWING BASICS</b>	1.06.1	Awareness of the range of different equipment and methods available to brew coffee.	Can recognise different brewing equipment such as: espresso machine and grinder, filter brewer, cafetiere, pour over, ibrik, mocha, syphon etc. Understand the basic brewing methods employed by this equipment.



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	1.06.2	Awareness of the basic principles of brewing coffee.	<p>Basic understanding that 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 flavours are desirable and others are undesirable.</p> <p>Understand the terms Under and Over Extraction, and why 18-22% extraction may be considered desirable.</p> <p>Understanding that grind size will affect the extraction.</p> <p>Understand the quantity of coffee advised for different brewing methods: 55-60g for Gold Cup Standard filter coffee; 14g commonly used for a double espresso in Italy but higher doses used in some cultures.</p> <p>Understanding that time is important to what is extracted e.g. why 20-30 seconds is commonly used for an espresso.</p> <p>Understanding that water temperature is important to extraction and most brewing methods use water temperatures around 92-96c.</p> <p>Understand that water quality is important to the flavour of the drink and that filters may be required to control this and protect machines from scale.</p>
<b>1.07 DRINKS MENU</b>	1.07.1	Awareness of the common drinks produced with coffee.	Can recognise common coffee drinks such as espresso, cappuccino, latte, americano, filter/brewed coffee, and describe their content.