

BARISTA ONE

Syllabus

0.0	Prologue	Review of topics assumed to be understood by students	This course assumes you can already produce espresso-based drinks at a foundational level
0.1		Parts	The Nomenclature of Espresso.
1.0	Mechanics	Physics of constructing a shot	Understanding the essentials of producing an espresso
1.1		Dosing	Using an on-demand grinder. Using grinders that don't have timers. Margins of error.
1.2		Distributing	Horizontal distribution. Vertical distribution. Distribution tools.
1.3		Tamping	Removing air pockets and breaking up clumps. Handheld tampers. Automatic tampers. How hard to tamp. Avoiding injuries.
1.4		Flushing the group	How to maintain clean dispersion screens during a shift. When to flush. How much to flush.
1.5		Inserting the portafilter	A smooth workflow to preserve the integrity of your tamped coffee bed.
1.6		Turning the pump on	Insert portafilter and engage the pump. Machines with volumetric control. Machines without volumetric control - controlling shots with drip-tray scales.
		The spent puck	Preparing for the next shot.
2.0	Recipe Structure	Reducing recipes into their component parts	Understanding the structure of espresso recipes and how the variables of dose, beverage weight and time interact
2.1		Dose	How brew baskets affect dosing. Grinders with dosing systems (timers and built-in scales).
2.2		Beverage weight	How to use a semi-automatic machine with presets. Use of drip-tray scales.

2.3	Time	Understanding the relationship of time and grind setting. When the grind is too fine. When the grind is too coarse.
2.4	Grind	The importance of regular micro-adjustment to stay true to a recipe. Understanding grind retention. Purging your grinder. Margins of error.
3.0	Putting It All Together	Shot-making Success or Failure
		Learning how to recalibrate equipment when recipes are off track
3.1	The Shot Time Wizard	A protocol for when to adjust a grinder setting and when to purge.
3.2	Channelling	Understanding how to identify critical unevenness in the flow of espresso. When to remake a shot and managing wastage.
3.3	Troubleshooting/FAQs	Diagnosing machine and grinder Issues.
4.0	Milk Texturing	How to Steam and Portion Milk
4.1	The Two-Part Heuristic	The two step guide for learning how to produce great microfoam.
4.2	Temperature Targets	Temperature targets and the use of thermometers. Hygiene and station management for avoiding cross-contamination and health & safety hazards.
4.3	Milk-Splitting	How to double up your workflow to divide one pitcher of milk into two drinks with equal amounts of foam.
4.4	The Steam Wand and Steam Boiler	Understanding safety issues involving steam boilers and steam wands. Boiler pressure and monitoring pressure gauges.
4.5	Non-dairy	How to steam non-dairy milks.
4.6	Troubleshooting/FAQs	All steam wand and milk-related issues. The pressure in the steam wand is too low, and the barista can't steam milk as quickly as usual. The steam wand is too aggressive.
5.0	Latte Art	Introduction to Latte Art
		Learning the essential flow rate and pitcher positioning to gain competency in the two fundamental latte art designs
5.1	First Half – Preparing the Canvas	Creating an even background to enhance the contrast of your designs.
5.2	Second Half – Brush Strokes	Learning the rudiments of pouring height and flow rate to position white lines on the surface of the drink.

5.3	Manoeuvres	Learning the fundamental manoeuvres, 'placing' and 'cutting'.
5.4	Monk's Head - Placing	Learning a one-element pattern.
5.5	Heart - Placing and Cutting	Learning a two-element pattern.
6.0	The Menu	Learning Standard Specifications
		Learning to accurately reproduce items on a menu as black, white, iced coffee, and cold brew
6.1	Espresso Size and Strength	Conventions for ristrettos and lungos.
6.2	Espresso with Water	Managing bypass accurately and safely. Learning to prepare americanos and long blacks.
6.3	Espresso with Milk	Learning the menu for drinks smaller than 120 ml. Learning to prepare milk-based beverages larger than 120 ml.
6.4	Traditional and Regional	The cappuccino and flat white. Learning how to work with regional preferences and cultural heritage.
6.5	Espresso with Ice	How to prepare iced espressos. How to prepare iced lattes. Managing sugar and ice.
6.6	Cold Brew	Looking after cold brew.
7.0	Behind the Bar	Real-World Professionalism
		Structuring workflow, organisation, and cleaning in the professional environment
7.1	Efficiency Structures	How the barista manages a queue through careful preparation. Restocking the bar. Efficiency standards - setting a baseline for efficiency standards in drinks making.
	Practical Testing	Efficiency and quality checks in workflow, flavour awareness, visual presentation, and service standards. A set of best practice checks to build an awareness of barista development. Establishing minimum professional standards.
7.2	Mise en Place	The organisation of your working environment determines your serving speed.
7.3	Cleaning Down	How to operate a cleaning regimen during the shift. Guidance on timings for cleaning throughout the day; hourly and half-hourly checks. A guide to working with checklists. Responsible use of chemicals.
8.0	Finding the Baseline	Written Assessment
		Final written assessment and certification
8.1	A Final Word	