

Home Barista Peer Teaching Curriculum (Hands-On Focus)

Lesson 1: Introduction to Coffee Beans

- **Ability Goal:** Understand the different types of coffee beans and their flavor profiles.
 - **Exercise: Coffee Bean Tasting**
 - Mentor presents two or three types of coffee beans (e.g., Arabica, Robusta) and explains their unique characteristics.
 - Learner smells and tastes brewed samples, noting the differences with the mentor's guidance on what to look for.
 - **Outcome:** Learner identifies key differences in taste and aroma based on bean type and region.
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Lesson 2: Understanding Grind Sizes

- **Ability Goal:** Learn how grind size affects the brewing process and flavor extraction.
 - **Exercise: Grinding Practice**
 - Mentor demonstrates grinding beans to different sizes (e.g., fine, medium, coarse) using a grinder.
 - Learner grinds beans and compares the result to the example provided by the mentor, feeling the texture and discussing how grind size affects different brewing methods.
 - **Outcome:** Learner gains the ability to select and adjust grind size for different brewing techniques.
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Lesson 3: Perfecting Water-to-Coffee Ratios

- **Ability Goal:** Accurately measure coffee and water for consistent brewing.
 - **Exercise: Measuring and Brewing**
 - Mentor guides the learner in measuring the correct amount of coffee and water for a French press or pour-over. They discuss the impact of different ratios on flavor.
 - Learner practices measuring and brewing under mentor supervision, aiming for a balanced cup of coffee.
 - **Outcome:** Learner understands the importance of ratio and can consistently measure coffee and water for an optimal brew.
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Lesson 4: Brewing with a French Press

- **Ability Goal:** Brew a well-balanced cup of coffee using the French press method.
 - **Exercise: French Press Brewing**
 - Mentor demonstrates the French press method, including grind size, water temperature, and steeping time.
 - Learner follows the process under supervision, brewing their own cup of coffee and adjusting based on mentor feedback.
 - **Outcome:** Learner can brew coffee using the French press with confidence.
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Lesson 5: Brewing with Pour Over

- **Ability Goal:** Master the pour-over technique to brew clean, flavorful coffee.
 - **Exercise: Pour-Over Practice**
 - Mentor demonstrates the pour-over process, focusing on circular pouring, water temperature, and timing.
 - Learner practices the pouring technique under mentor supervision, with guidance on achieving even extraction.
 - **Outcome:** Learner is able to brew a balanced pour-over coffee with consistent results.
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Lesson 6: Pulling an Espresso Shot

- **Ability Goal:** Pull a balanced shot of espresso with the correct grind, tamp, and extraction time.
 - **Exercise: Espresso Shot Practice**
 - Mentor shows how to grind beans for espresso, tamp the grounds evenly, and pull a shot with correct timing.
 - Learner pulls several shots, receiving feedback on grind size, tamping pressure, and shot timing until they can pull a consistent espresso.
 - **Outcome:** Learner develops the ability to pull a well-balanced espresso shot.
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Lesson 7: Frothing Milk for Lattes and Cappuccinos

- **Ability Goal:** Froth milk to create microfoam suitable for lattes and cappuccinos.
- **Exercise: Milk Frothing**
 - Mentor demonstrates frothing milk, explaining how to create microfoam for different drinks (latte vs. cappuccino).
 - Learner practices steaming and frothing milk, adjusting technique based on feedback to achieve the desired foam texture.
 - **Outcome:** Learner can steam milk with proper microfoam for a variety of coffee drinks.

Lesson 8: Pouring Basic Latte Art

- **Ability Goal:** Create simple latte art designs (heart, rosette) by pouring steamed milk into espresso.
 - **Exercise: Latte Art Practice**
 - Mentor demonstrates how to pour steamed milk to form a basic heart or rosette pattern.
 - Learner practices pouring under mentor supervision, adjusting their technique based on the feedback to improve design clarity.
 - **Outcome:** Learner can pour basic latte art with decent consistency.
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Lesson 9: Troubleshooting Brewed Coffee

- **Ability Goal:** Recognize and fix common coffee brewing mistakes (over-extraction, under-extraction, incorrect grind size).
 - **Exercise: Troubleshooting Taste Test**
 - Mentor brews one cup that is over-extracted and one that is under-extracted, and learner tastes both.
 - Learner identifies the issue (e.g., bitterness, sourness) and works with the mentor to adjust grind size, brew time, or water temperature to improve the outcome.
 - **Outcome:** Learner becomes adept at identifying and troubleshooting flavor imbalances in coffee.
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Lesson 10: Creating a Signature Coffee Drink

- **Ability Goal:** Develop a personalized coffee recipe by experimenting with different brewing methods and ingredients.
- **Exercise: Signature Drink Creation**
 - Mentor guides the learner in adjusting various brewing elements (e.g., beans, grind size, ratios) to create their own signature drink.
 - Learner brews several versions, experimenting with different variables until they settle on their unique coffee drink.
 - **Outcome:** Learner is able to combine their coffee knowledge and skills to craft a personalized brew.

Teaching Instructions

Lesson 1: Introduction to Coffee Beans

1. Show the learner 2-3 different types of beans (e.g., Arabica, Robusta).
 2. Have the learner smell the beans and describe what they notice.
 3. Brew the same amount of each type of bean.
 4. Taste the coffee together, pointing out flavor differences.
 5. Ask the learner to describe each flavor and discuss the origin.
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Lesson 2: Understanding Grind Sizes

1. Show the learner three different grind sizes (fine, medium, coarse).
 2. Explain which brewing method works best for each grind.
 3. Let the learner grind beans to match each size.
 4. Have the learner feel and compare the textures.
 5. Discuss how grind size affects brewing time and flavor.
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Lesson 3: Perfecting Water-to-Coffee Ratios

1. Measure out the coffee beans and water together (e.g., 1:15 ratio).
 2. Show how to weigh both on a scale.
 3. Brew coffee using the French press or pour-over with the measured ratio.
 4. Taste the coffee and discuss the balance of flavor.
 5. Let the learner repeat the measurement and brewing process.
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Lesson 4: Brewing with a French Press

1. Show how to grind coffee beans for a coarse French press grind.
 2. Demonstrate how to add the correct coffee-to-water ratio to the French press.
 3. Pour hot water in and start a timer for 4 minutes.
 4. Slowly press down the plunger when time is up.
 5. Have the learner make a French press coffee on their own.
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Lesson 5: Brewing with Pour Over

1. Set up the pour-over device with a filter.
 2. Show the learner how to wet the filter and add ground coffee.
 3. Pour water in slow, circular motions over the coffee.
 4. Discuss timing and the importance of even extraction.
 5. Let the learner perform the pour-over while you supervise.
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Lesson 6: Pulling an Espresso Shot

1. Show how to grind beans finely for espresso.
 2. Demonstrate how to tamp the coffee evenly in the portafilter.
 3. Pull an espresso shot while explaining extraction timing.
 4. Have the learner tamp and pull their own shot.
 5. Taste the espresso and discuss what went well or needs adjustment.
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Lesson 7: Frothing Milk for Lattes and Cappuccinos

1. Fill the milk pitcher to the correct level (about $\frac{1}{3}$ full).
 2. Show how to position the steam wand just under the milk's surface.
 3. Turn on the steam and create microfoam by keeping the wand steady.
 4. Froth until the milk reaches around 150°F, then turn off the steam.
 5. Let the learner steam milk and provide feedback on foam texture.
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Lesson 8: Pouring Basic Latte Art

1. Show how to tilt the cup slightly and start pouring milk in the center.
 2. Pour slowly to let the foam rise and form a base.
 3. Increase the speed slightly and pull through to create a design (e.g., heart).
 4. Let the learner practice pouring, guiding their speed and position.
 5. Encourage the learner to repeat until they see a simple heart or rosette.
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Lesson 9: Troubleshooting Brewed Coffee

1. Brew one over-extracted and one under-extracted cup (one bitter, one sour).
2. Taste both with the learner and discuss the differences.
3. Ask the learner what might have caused the off flavors (grind size, time).
4. Adjust the variables (grind, brew time) and brew again.
5. Let the learner taste and identify the improvements.

Lesson 10: Creating a Signature Coffee Drink

1. Ask the learner to pick a brewing method and their favorite coffee beans.
2. Guide them in selecting additional ingredients (spices, syrups) if desired.
3. Have the learner brew their signature drink, adjusting ratios as needed.
4. Taste the result and discuss potential tweaks.
5. Let the learner name and perfect their signature coffee creation.