

# Barista Foundation Skills

by SEVENmile Venture Lab and Grassroots Canteen

(see over)

## **Introduction** to coffee terms and styles

- how to adjust the grinder, make an excellent espresso and keep the working space clean.

## **Arabica & Robusta**

- how to store coffee correctly

## **Espresso theory** (machine, technique, grinder, cupping)

### **Espresso practice**

- make every type of coffee on the menu

## **Milk theory** (chemistry, foaming, pouring)

- basic milk knowledge and how the frothing is done

## **Milk practice and art**

- how to pour “the brown cup” base needed for all latte art patterns

## **Machine maintenance** (espresso machine & grinder)

- why it’s so important to clean equipment daily

## **Certificate of Completion - August 10, 2019**

This is to certify that, *Pema Dolkar*  
has completed this course and demonstrated the skills  
needed to be employed to make espresso coffee.

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SEVENmile and Grassroots are located at the Seaforth Village Community Centre, 550 Sydney Rd Seaforth NSW 2092.

## About SEVENmile Venture Lab

SEVENmile Venture Lab is a For-Purpose Enterprise, supporting our community in launching new enterprises, focusing on women and men who want to design their future, young adults (16-25 years), diversity, migrants and over 50s. We were founded in Manly on Sydney's northern beaches in late 2018. Read more at <https://www.sevenmile.org.au/>

## About Grassroots Canteen

Grassroots Canteen is proudly serving @roastworkscoffeeco  
Grassroots owner, Christine Alcorn, has been making coffee for over 12 years. Christine originally did her training at Danes Coffee Academy and she has owned two cafes. Her first cafe in Brookvale was focused on take-away coffee and her new cafe, Grassroots Canteen, offers great coffee and healthy food options like vegan.

Read more at: <https://www.facebook.com/grassrootscanteen/>

## About Barista Foundation Skills Course

This course has been designed by SEVENmile Venture Lab and Grassroots Canteen to enable a course graduate to competently make a full range of coffees including with speciality milks.

