

ROAST-BREW-DRINK COFFEE FOR-ETHIOPIA



Fancy a change to your coffee routine?

Find out how to roast coffee beans and experience the great taste of really fresh coffee – ‘konjo bunna’ – all while raising a few £s for a great cause.

Bristol charity For-Ethiopia is holding free training in how to run traditional coffee ceremonies – just as the Ethiopian monks did 1200 years ago when they drank the first coffee...



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The Coffee Ceremony

In Ethiopia, coffee is not drunk alone. It is a social activity to be shared with others.

Sharing coffee with others means you are ‘at peace’ with them and cultivates community and friendship and has parallels in the ‘slow food movement’.

Coffee is typically made by roasting and brewing on a small charcoal burner. Cups (cinis) are usually laid out in a square on a tray dressed with fresh grass and served with a snack such as fresh popcorn.

Birthplace of Coffee

Historians interpret 'coffee' from the name of the ancient Ethiopian kingdom, 'Kaffa'. In Ethiopia, the origin of coffee depends on who you speak to, and where they come from. The legend of its discovery that endures today is that of Kaldi.



A young Abyssinian (Ethiopian) goat-herder named Kaldi who lived around the year AD850 noticed to his amazement, that after chewing the bright red berries from a certain tree, his goats pranced around in an unusually exuberant manner. Curiosity got the better of him and he tried a handful of the berries that were growing on the bushes nearby. Feeling a novel sense of elation, Kaldi realised that there was something out of the ordinary about this fruit.

Kaldi then presented the cherries to the chief monk, relating the miraculous effect they had on him, and his goats. On hearing the story and the cherries extraordinary properties, the monk threw them onto the fire denouncing them to be the work of the devil. Within minutes, the monastery began to fill up with the heavenly smell of roasting beans and the other monks gathered to investigate. This led to the monks drinking the rich and fragrant brew that night and vowed that they should drink it daily to help with their nightly prayers.

Word of the cherries' magical properties spread far and wide. There is now a consensus amongst historians and botanists that coffee – especially the genus *Coffea Arabica* – is indigenous to Ethiopia where it still continues to grow wild in many places including the Kaffa Forest region.



Coffee Ceremony at For-Ethiopia's 10th Anniversary, Bristol 2014



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How to Roast & Brew

The simplified process captures the essence of the Ethiopian Coffee Ceremony including roasting – it is faster and relies largely only on equipment already usually part of a British kitchen (except perhaps the grinder). The full traditional process takes longer and requires more equipment but is obviously a more memorable experience. (If hosting for many, it's worth roasting and grinding some beans in advance as a reserve).



	<u>Simplified Process</u>	<u>Traditional Process</u>
Equipment	Frying pan, coffee grinder, cafetiere or similar, cups, stove.	Mankeshkesha (pan), pestle & mortar, jabena (coffee pot) and maskemecha (cradle), cinnis (cups)
Ingredients	Raw coffee beans, milk, sugar	Raw coffee beans, milk, sugar
Method	<ol style="list-style-type: none"> Pick up a large handful of beans¹ for 4 people, 2 handfuls for eight people etc Roast in a frying pan or mankeshkesha on a medium-low heat for 10-15 minutes stirring and turning over every 20-30 seconds (more towards the end) and shaking the pan to avoid burning – the beans will ‘pop’ and release their aromas. The beans are roasted and ready when they glisten (their natural oils seep)– a medium-dark roast will have a dark brown to nearly black colour Remove from the heat and offer the aroma of the roasting beans to guests. Allow to cool for a minute, blow over the roasted coffee beans to remove any remaining bean husks or debris. Grind with an electric grinder or a pestle and mortar – a fine grind is not required (unlike espresso) To brew – allow 1 tablespoon of ground coffee per serving and 2 small cups (cinnis) of water (ie more water than is drunk as nearly half is absorbed by the coffee).Then: 	
Either	<u>Cafetiere, or</u> <ul style="list-style-type: none"> Boil measured water in the usual way and pour on top of ground coffee. Top tips – allow boiled water to cool for 1 minute to avoid scalding the coffee; warm the pot beforehand (as with tea); ‘pre-infuse’ the grounds by stirring in a small amount of water; fill to intended capacity and stir it 5 or 6 times; brew for a strict 4 minutes, plunge and pour immediately to avoid over-brew 	<u>Jabena (Ethiopian pot)</u> <ul style="list-style-type: none"> Pour measured cold water into jabenna with the ground coffee and bring to boil (a metal cradle will be required on a most UK stove tops) Allow to boil and after 3 minutes remove from heat and place on a grass cradle (the bottom of the jabenna is rounded and therefore needs a cradle and should always be placed at an angle with the spout leaning forward) Top tips – keep some hot water to hand in a cini and drip into jabenna if it bubbles over; wait for a few minutes to allow the coffee grounds to settle; pour in an unbroken stream avoiding disturbing the coffee grounds

Serving: Arrange cups (cinnis - are the traditional small cups used for serving coffee in Ethiopia – little larger than an espresso cup – but usually filled to the top) in a square on a tray/table, pour, offer condiments and remind guests that in Ethiopia it is traditional to **heap praise on the host** for the coffee!

Accompaniments: Milk, sugar and traditional Ethiopian accompaniments such as popcorn, and roasted peanuts and barley. For British palette some cakes and biscuits etc. For children Ethiopians serve Birz, a honey lemonade (mix and chill in advance a large jug of 1 litre carbonated water, 1 litre lemonade, 200mg honey, and two freshly squeezed lemons and/or limes).

Finally for the full Ethiopian experience dress the scene with long stemmed grass and light some frankincense.



About Us

Who We Are

For-Ethiopia works to relieve poverty and sickness, to preserve and protect health and to advance education among the people of Ethiopia in need in a way that is sustainable and moves people towards self-sufficiency. We believe that small development projects can change lives. They increase the capacity of local communities by improving health, increasing educational opportunity and creating employment. They bring communities together to create a better quality of life. Small can be beautiful.

About Ethiopia

Ethiopia is one of the world's oldest countries and is rich in culture and tradition. However since the 1980s, Ethiopia has been synonymous with famine and hardship, defined by harrowing images and news headlines. Although things are improving – Ethiopia with a population of 90m is still one of the poorest countries in the world and suffers with a 20% child mortality rate (by the age of five) and 40% of all children malnourished. Ethiopia is heavily reliant upon its agricultural industry, but all too often things still go wrong - there is a severe lack of knowledge and expertise about how to effectively manage land and natural resources to reduce crop failure and the loss of livestock. Minimal support is available to those living in extreme poverty and the desperately inadequate healthcare system and limited access to schooling present major obstacles in Ethiopia's pursuit of positive change. Ethiopia's people continue to endure terrible suffering, however they are dynamic and engaging enough to create change, if given the chance...

Coffee is the second most valuable commodity in the world. Ethiopia is one of the poorest countries. Can a food crop and coffee habit help change a nation?

Please support Coffee For-Ethiopia and give true meaning to...

'konjo bunna'



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Get Involved

Choose your location, date and time. You can choose to have a free fundraising kit mailed to you, you'll get a personal fundraising coach to help answer your questions and there are plenty of ideas and time-saving templates on our website to download. We're here to help!

Let everyone know what you're doing. Involve as many people as you can to spread the word about what you are doing. This might include putting out coin collection jars, writing invitations and requesting donations or sharing information about your fundraising page on social media, such as Facebook and Twitter.

Individuals and families

Share with friends on social media or in emails – it's a great way to receive donations from people who may not be able to attend your stand. Put up fliers and contact local radio, newspapers and TV stations to get the word out the word .out.

Consider adding a raffle or similar activity to raise more income.

Businesses and organisations

Share with contacts on social media (LinkedIn, Facebook, etc.) or by email. It's a great way to receive donations from people who may not be able to attend your stand. Be sure to spread the word to your contacts, vendors, customers, neighbouring businesses, etc.

Consider incorporating a lottery or employee jeans day or auction to maximize fundraising. Be creative - the sky is the limit!

Schools and universities

Involve students, parents and other participants reach out to community members to share what your class is doing. This might include putting out coin collection jars, writing letters requesting donations or sharing information about your fundraising page on social media, such as Facebook and Twitter. Remember, students as young as nursery take pride in asking people to help them raise money for other children!



The big day is here – enjoy yourself! Determine the supplies you will need and how to acquire them. Involve as many people as possible in planning or writing “persuasive letters” to obtain donations and supplies. We recommend that instead of putting a price on each cup of coffee, simply accept donations – make a really nice looking donation jar that can't be missed! Consider adding a raffle or similar activity to raise more income. Be sure to let people know you can accept cheques and text donations as well as cash.

And finally. After your ceremony, send your donations. You'll receive a return envelope in your fundraising kit or you can download our form and mail it to us.



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