

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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KONJO BUNNA



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 with 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.

How to Roast Coffee Beans

The simplified process captures the essence of the Ethiopian Coffee Ceremony including roasting – it relies largely 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).



1. Pick up a large handful of beans for 4 people, 2 handfuls for eight people etc
2. **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.
3. 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
4. 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.
5. **Grind** with a grinder or a pestle and mortar – a fine grind is not required (unlike espresso)
6. To **brew** – allow 1 tablespoon of ground coffee per serving and 2 small cups (*cinis*) of water (ie more water than is drunk as nearly half is absorbed by the coffee).
7. Serve in a cafetiere or if you have it Ethiopian '*jabena*' coffee pot.
8. Relax, enjoy and praise the host for *konjo bunna* – lovely coffee

Get Involved - At home, at work, at school or uni?

Could you host a coffee morning – Ethiopian style – to raise funds for Ethiopian causes? It's easy and fun.

Choose your location, date and time. You have a free fundraising kit mailed to you, use the online videos, you'll get a personal fundraising coach to help answer your questions. Also 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.

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. After your ceremony, send your donations.

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.



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