

ETHIOPIAID

How to host an Ethiopian coffee ceremony

YOUR STEP BY STEP GUIDE

A woman with a warm smile is seated, wearing a pink patterned top and a blue and white striped skirt. She is pouring coffee from a dark, traditional Ethiopian coffee pot (jebena) into a small white cup. The background features colorful, patterned Ethiopian textiles. The scene is set on a patterned rug with other coffee cups visible in the foreground.

Buna tetu!
Come drink coffee!

Contents



How to host your ceremony

You will need.....	3
Handy links.....	4
Steps.....	5
Himbasha recipe.....	10

How to turn your ceremony into a fundraiser

How to raise money.....	13
What your fundraising can achieve.....	14
Getting started.....	15



**Steeped in
ritual, an
Ethiopian
coffee
ceremony dates
back many
hundreds of
years...**

A slow, sensory experience, it is a sign of respect, friendship and welcome, and remains an important part of Ethiopian culture and society to this day.

Read on and learn how to host a traditional “jebena buna” or coffee ceremony, plus find out how you can raise money for communities in need at the same time.



Did you know?

The coffee bean was originally discovered in Ethiopia when a 9th-century goatherder noticed his flock getting playful after eating certain berries.

Host your coffee ceremony

You will need



- **Unroasted/green Ethiopian coffee beans** *(see handy links on where to buy on next page)*

- **Sugar, butter, salt**

**All optional and all to taste; serve on the table for guests*

Utensils

- **Frypan** with thicker base, avoid non-stick pan
- **Mortar and pestle** *(or anything to grind coffee beans into powder e.g. coffee grinder, grinder attachment on food processor, blender, rolling pin etc)*
- **Saucepan, French press or stovetop coffee maker** *(any device you can use to brew your ground coffee beans)*
- **Colander**, to shake roasted beans
- **Sieve**, to filter brewed coffee
- **Espresso cups or small tea cups**
- **Serving tray**

Decorations/background

- **Greenery**; long, loose grass or green foliage
- **Flowers**; small yellow flowers
- **Incense**, typically myrrh or frankincense *(fragrant candles or air diffusers can be used instead)*
- Background **Ethiopian music** *(link on next page)*
- **White clothing** for host/hostess

Savoury snacks

- **Popcorn**
- **Peanuts**
- **Himbasha**/Ethiopian flatbread *(see recipe on page 10)*

Host your coffee ceremony

Handy links



Where to buy Ethiopian coffee beans

Try asking your local café or coffee shop for Ethiopian coffee beans, or check out these online coffee suppliers for fair trade, organic Ethiopian coffee beans:

My Cuppa | mycuppa.com.au

Coffee Bean Shop | coffeebeansshop.com.au

Di Stefano | distefano.com.au



Prefer to purchase your coffee pre-roasted & pre-ground?

Check out the **Oxfam Fair Ethiopia Blend Ground Coffee** available at Coles & Woolies.



Where to play Ethiopian music

Have a listen and see if you like this traditional Ethiopian music selection from "**Habesha Music Ethiopia**" on YouTube:

www.youtube.com/c/HabeshaMusicEthiopia

Please note, we are not affiliated with any of the suppliers listed and cannot guarantee their quality. If you have any feedback or suggestions, please let us know and we will happily update this guide to help others in future.

Host your coffee ceremony

Steps

A coffee ceremony has three distinct phases:

① Roasting

② Brewing

③ Cupping

The host or hostess performs all three phases in front of their guests. In the final phase, not one but three rounds of coffee are served! The first round, which is the strongest, is called **Abol**; the second round **Tona**; and the third round, which is the weakest round, is called **Baraka**. The three rounds symbolise the journey to spiritual transformation. In fact, the third round, **Baraka**, means "to be blessed".



Instant coffee? No thanks!

A traditional ceremony can take anywhere from half an hour to several hours from start to end - the opposite of a quick cup of instant coffee!

Host your coffee ceremony

Steps

Before the event: Prepare the area

1. Spread your greenery, long grass or loose flowers across the floor and over table where the coffee ceremony is to be held.
2. Arrange the coffee cups on a central table, with a serving tray underneath if you choose, and lay out your choice of savoury snacks for guests to enjoy during the ceremony.
3. Burn incense to clarify the area. Traditionally, incense is burnt over hot coal to produce smoke and carry away any bad spirits, but you can simply light candles or use reed diffusers.
4. You can set the scene even further by playing Ethiopian music in the background.
5. The host (traditionally the woman of the household) wears a **habesaha semis**; an ankle-length white cotton dress embroidered at the hem with colourful thread.



Did you know...

White is the colour of joy in Ethiopia. If you can, wear white clothing during your coffee ceremony.



Steps

Step One: Roasting

1. Begin by giving the beans a rinse in water to remove any dust or impurities.
2. Heat the beans in a thick-bottomed frypan on a medium-high heat (approximately 176-260°C).

Important: Stir beans constantly for an even roast; they will burn quickly otherwise!

3. After 3-5 minutes, the beans will produce a cracking sound. This means they've achieved a light roast and this is the minimum roasting time required.
4. For a darker roast and more robust taste, keep heating the beans for another 2-3 minutes until their second "crack". This indicates a medium roast.
5. Now is the time to take the beans off the stove. Be careful, because any further roasting could burn the beans!
6. Pass the frypan around to guests so that they can smell the roasting beans. This is an important part of the sensory experience.



Host your coffee ceremony

Steps

Step Two: Brewing

1. To prepare for brewing, tip the beans into a colander and shake them over the sink to remove the outer unnecessary layer called "chaff".
2. Grind the beans to a powder. Traditionally, a mortar and pestle is used, but you may use anything you have in the kitchen: coffee grinder, rolling pin, blender etc.
3. Steep your ground coffee. You can use an appliance here such as a French press or stove top coffee maker, or you can add the ground coffee to a saucepan of simmering water for approximately 3-5 minutes, or until it is well mixed with the hot water.
4. If using a saucepan, strain the coffee mixture through a fine sieve at least once, but preferably 2-3 times to filter out any remaining grind.



Fun fact

Traditionally, a **jebena** is used to steep the coffee - it's a black clay pot, generally round at the bottom, with a straw lid and one to three spouts for pouring.



Steps



Step Three: Cupping

This is the time where you'll need a steady hand!

1. Take the device you used to brew your coffee (it may be worth transferring the coffee into an easy-pouring jug first!), hold the coffee about a foot above your cups and start pouring in one continuous stream from one cup to another.

Note: The first cup poured is not for consumption but to confirm the brewed coffee is free of all coffee grind.

2. Once all the cups have been poured, the youngest member will stand and offer a cup of coffee to the eldest guest in the room before anyone else. In this way, you connect the oldest and the youngest generations together.
3. The coffee is served without milk but guests have the option to add sugar to taste, generally 1-2 teaspoons. In some Ethiopian communities, guests add salt or butter to their coffee instead – see if your guests prefer this!
4. Once the first round has been served, the coffee grounds are brewed and served another two more times. The coffee ceremony is not complete until all three rounds have been served and drunk; it's considered impolite for guests to leave before this.

Host your coffee ceremony

Himbasha Recipe

A mildly sweetened flatbread, flavoured with cardamon.

Recipe serves 16. Enough mixture for 2x 30cm cake tins.

Ingredients

- 7g sachet dried yeast
- 1 cup water
- ¼ cup caster sugar
- 4 cups plain flour
- 1 tsp salt
- 2 tsp black sesame seeds
- 2 tsp ground cardamom
- ⅓ cup vegetable oil
 - *Plus extra to grease and brush
- Melted butter, to serve



Method

1. Dissolve yeast in 1 cup lukewarm water, or as directed on the packet.
2. Add in caster sugar, stir, and set aside in a warm, draught-free place until mixture bubbles; approx. 10 minutes.
3. In a large bowl, gently mix together the flour, salt, sesame seeds and cardamom. Add the oil and yeast/sugar mixture and mix to form a dough.
4. Place dough onto a lightly-floured work surface and knead for 5-10 minutes or until soft and non-sticky. *Continued next page...*

Host your coffee ceremony

Himbasha Recipe

Method (*continued*)

5. Place in a lightly greased bowl, cover with plastic wrap and set aside in a warm, draught-free place for 1 to 1 ½ hours, until the dough doubles in volume.
6. Preheat your oven to 160°C if fan-forced, or 180°C if conventional.
7. Once dough has risen, divide into 2 equal portions. Roll each portion out into a circular shape that will fit your cake tin or skillet (preferably about 30cm diameter).
8. Lightly grease your pans. Place and spread dough evenly in each pan.
9. Using a sharp knife, make patterns in the dough. Create the traditional “wheel” shape by scoring 3 or 4 concentric circles, and then scoring an intersecting “X” shape and “+” shape over the circles.
10. Brush with oil and bake for 20-25 minutes or until cooked through and golden brown on top.
11. Remove pans from the oven and let them briefly rest on a cooling rack. Slice, brush with melted butter and serve.

Enjoy!

How to turn your Ethiopian coffee ceremony into a fundraiser

By turning your coffee ceremony into a fundraiser, you can make an amazing impact for vulnerable women, children and communities in Ethiopia.



How to raise money

1

Collect an entry fee at the door.

You can nominate an amount/s or ask your guests to give whatever they feel comfortable with. **Any cash you collect can then be bank transferred to Ethiopiaid:**

Ethiopiaid Australia Foundation

BSB: 033 174 | Account number: 276 382

**Please include your name or supporter number in the Comments section*

2

Ask guests to donate online.

Either on the day or in advance of the event, ask your guests to make an online donation of their choice. We can set up a **free, personalised fundraising page for you** and send you the custom website address to share with your guests.

3

Hand out printed donation forms during the ceremony.

Your guests simply fill in the form with their chosen amount and payment method (credit card, cheque etc.). You **collect the forms and mail them back to us**. We can mail you pre-printed donation forms along with a reply-paid envelope for returning completed forms, or we can email you a PDF version of the donations forms so you can print them at home.



Remember, all donations \$2 and over to Ethiopiaid Australia are tax deductible. At your request, we can provide each of your guests a tax receipt.

Make your ceremony a fundraiser

What your fundraising can achieve

On average, guests tend to give \$30 at a fundraising event and the total event tends to raise between \$300 and \$800.

What each donation from your guests can achieve



\$5 could buy one sanitary kit to help a teenage girl manage her period with dignity and stay in school



\$37.50 could send one youth to **Young Leader Training** and equip them to speak out against dangerous traditions



\$50 could provide a month's worth of meals for one woman seeking sanctuary at a domestic violence safe shelter

What your total fundraising event can achieve



\$225 could train a **"Women Extension Worker"** about the dangers of female genital mutilation so she can stop this practice in rural communities



\$800 could fund obstetric **fistula surgery** for one woman



\$1,923 could run a **community engagement event to raise awareness about fistula**

Getting started

- 1** **Set your event date and fundraising goal.** Have a look at the previous page for inspiration!
- 2** **Let us know your plans. Would you like any of the following free items?**
 - Personalised fundraising webpage which your guests can donate to
 - Printed or PDF donations forms, including a reply paid envelope
 - Copies of our most recent newsletter
 - Online invitation template for you to email or print
 - PowerPoint of Ethiopian photography for you to play in the background at your event
- 3** **Invite your guests.** Remember to include what you're raising money for, what your goal is, and how guests can donate to your fundraiser.
- 4** **Go shopping:** purchase your coffee beans, any decorations and savoury snacks. If you need a hand on where to source items, have a look on page 4 for some handy links.

Contact us for more information:

Call: 03 9864 6060 (9am-5pm Mon-Fri)

Email: info@ethiopiaid.org.au



ETHIOPIAID

ethiopiaid.org.au | info@ethiopiaid.org.au | 03 9864 6060