



Course: Healthy Boba Tea, Bubble Tea & Ice-Tea Masterclass. Making, Mixing and Commercializing

Course Duration: Face-to-Face

Guided Learning Hours: 6 hours

Course Description:

This comprehensive masterclass course outline shifts the traditional, sugar-heavy Boba business into a wellness-focused, premium beverage concept. It covers foundational tea brewing, natural ingredient alternatives, and smart menu design.

Course Objective:

This program is designed to provide participants with the knowledge and practical skills needed to prepare and customise high-quality bubble tea beverages. Participants will learn to use suitable ingredients and production techniques, apply commercial manufacturing and packaging processes, and develop a foundational understanding of the requirements for establishing and operating a successful bubble tea business.

Target Audience:

This course is designed for aspiring entrepreneurs, café owners, home-based food businesses, beverage professionals, and bubble tea enthusiasts who want to learn how to make and potentially sell high-quality bubble tea.

Learning Outcomes:

On completion of this programme, participants will be able to:

1. Prepare a variety of high-quality bubble tea drinks using professional techniques.
2. Select and properly use ingredients, equipment, and brewing methods for consistent results.
3. Apply commercial production methods, including semi-automation, batch preservation, costing, and packaging for distribution.
4. Create and customise bubble tea recipes to suit different customer preferences.
5. Understand the basic requirements for starting and operating a bubble tea business.

Course Content

Module A- Part 1: Foundational Tea Sommelier Skills

- **Tea Varieties:** Master flavour profiles of premium loose-leaf green, oolong, black, and herbal tisanes.
- **Water Science:** Analyse optimal water temperatures and pH levels for extracting clean antioxidants.
- **Precision Brewing:** Learn timing and temperature control to eliminate bitterness without adding sugar.
- **Calorie-Free Bases:** Develop refreshing, zero-calorie baseline tea signatures like jasmine green tea.

Module A - Part 2: The Art of Wholesome Toppings

- **Low-GI Pearls:** Roll homemade artisanal tapioca pearls using natural prebiotic fibre sweeteners.
- **Agar-Agar & Jellies:** Prepare zero-sugar grass jelly, herbal Aloe Vera cubes, and Aiyu jellies.
- **Molecular Gastronomy:** Craft bursting Boba spheres from 100% real fruit juices using calcium baths.
- **Superfood Add-ins:** Infuse menu textures with nutrient-dense chia seeds, basil seeds, and protein-packed red beans.

Module A - Part 3: Clean Milk & Modern Cream Bases

- **Plant-Based Alternatives:** Source and pair oat, almond, coconut, and soy milks to complement specific teas.
- **Lightened Cheese Foams:** Whip lower-calorie, high-protein cream caps using Greek yogurt and sea salt.
- **Emulsion Techniques:** Blend creamy milk teas without standard non-dairy creamers or hydrogenated oils.

Module A – Part 4: Natural Sweeteners & Flavour Balancing

- **Glycaemic Awareness:** Map out sugar substitutes like monk fruit, stevia, raw honey, and maple syrup.
- **Botanical Adjustments:** Balance sourness, sweetness, and tea astringency using fresh herbs and citrus peel essences.

Module A – Part 5: Menu Design & Wellness Marketing

- **Nutritional Transparency:** Build macro-friendly menu boards tracking calories, sugar counts, and functional benefits.
- **Commercial Scaling:** Set up high-speed blenders, clean sealing machines, and hygienic prep workflows.
- **Brand Positioning:** Market your clean Boba shop to appeal to fitness enthusiasts, diabetics, and health-conscious crowds.

Module B - Part 1: The Chemistry of Spherification

- **Hydrocolloid Science:** Understand how sodium alginate (seaweed extract) interacts with calcium ions to form cross-linked gel membranes.
- **Direct vs. Reverse Spherification:** Master when to use each method based on the calcium and acid levels of your liquid centers.
- **pH & Acidity Management:** Learn to use sodium citrate to neutralize high-acid juices (like citrus or passionfruit) that normally prevent gel formation.
- **Viscosity Control:** Calibrate liquid thickness using natural thickeners to ensure perfect, round spheres instead of flat discs.

Module B - Part 2: Clean-Label Flavour Formulation

- **Sugar-Free Liquid Centers:** Formulate juice bases sweetened with low-glycemic alternatives like monk fruit, stevia, or allulose.
- **Cold-Pressed & Botanical Infusions:** Create premium flavours using raw fruit juices, Matcha, hibiscus, and butterfly pea flower tea.
- **Natural Colour Mechanics:** Eliminate artificial dyes by colouring pearls with plant extracts like spirulina, beetroot, and turmeric.

Module B - Part 3: Hands-On Technical Execution

- **Dropping Dynamics:** Practice using culinary syringes, squeeze bottles, and multi-dropper tools to control pearl sizing and uniform shapes.
- **Curing Time Precision:** Map the exact chemical reaction window (30 to 90 seconds) to achieve a razor-thin skin with a maximum liquid burst.
- **Rinsing & Halting Protocols:** Build efficient two-step water baths to completely stop the curing process and remove bitter calcium residues.
- **Osmotic Storage Solutions:** Craft holding syrups that match the sugar density of the Boba interior to prevent the pearls from shrinking or swelling.

- **Skin Toughness:** Adjust calcium baths to eliminate rubbery, unpopable skins that ruin the consumer experience.