

KOMBUCHA

A popular fermented drink which may even replace your evening cocktail.

SERVINGS	SERVING SIZE	TIME TO MAKE
6	16 FLUID OUNCES	25 MINUTES + FERMENTATION

INGREDIENTS

- 3 quarts Water, non-chlorinated/Filtered
- 1 cup Sugar, unrefined organic (with molasses if able)
- 3 Tablespoon Tea
- 1 ¼ cup Starter (pasteurized white vinegar or plain kombucha)

RECOMMENDED TOOLS

- Large pot (to heat the water)
- Thermometer
- Brewing Vessel large enough for the ingredients
- Cover for the container (cheesecloth, thin dish towel)
- Rubber band to secure cover

DIRECTIONS

1. Make sure to wash your hands and under your fingernails to avoid any possible contamination when working with a SCOBY (Symbiotic Colony of Bacteria and Yeast). This is a living organism that will take care of you, if you take care of it.
2. Heat about half of the water for the tea you are using (use my Brew Temperature guide for types of tea)
3. Place the tea in the water and let it steep for about ten minutes or longer if you want a stronger brew
4. Remove/Strain the tea and add the rest of the water to help cool down the mixture. Once it is at 85 degree F, it is ready to place in the glass container for fermentation. Make sure whatever container you use, that it is safe enough to handle acetic acid (coated ceramic, no metal, glass, etc.)

5. Add the SCOBY and the starter liquid (this can be reserve from a previous kombucha batch, plain kombucha or pasteurized white vinegar—pasteurized to not add different strains of bacteria which may compromise the SCOBY)
6. Cover the container with cheesecloth, coffee filter, clean dishtowel and secure with a rubber band. If using a continuous brew container, it will have a breathable lid.
7. Leave the brewing vessel in a place that does not receive direct sunlight and free from disturbance and containments like cigarette smoke.
8. Ideal temperature range is 74-84 degree F.
9. Let your kombucha ferment for 14 - 30 days. 14 days is the ideal minimum time to foster the best bacteria to support a healthy gut.
10. You can also do some taste testing, the shorter fermentation time give the kombucha a sweeter taste, longer it is less sweet and more vinegar notes to it.
11. Once it has reached your preferred taste, you can pour into desired container to drink right away or set-up for a second brew.
12. Regardless, you'll want to remove all but about 1 ¼ cups of the kombucha (this is the starter). Each ferment cycle, your SCOBY will grow, this is referred to as “the mother.” It will produce a baby with each batch. Once it has reached a nice size, about ¼ inch, you can separate the SCOBY. Gentle pull apart the new growth to give away, brew a separate batch, dehydrate, or cook up (some people claim it's similar to eating a mushroom).

SECOND BREW – FLAVOR KOMBUCHA

1. Place the first brew batch into swing top bottles or mason jars (ease of “burping” the batch) and leave about 1” head space.
2. Here is where you can add flavors to your heart's desire.
3. I love using dried fruits, candied fruits, powdered items like beetroot powder, brewed teas, herbs and spices.
4. You'll want to add a little sugar to help feed the bacteria and yeasts, so using candied fruits/fruits can be helpful in cutting down added sugar (again, most of it will be eaten during the fermentation process). You'll want to make sure the sugar is dissolved.
5. This is your science experience gone wild, have fun & be adventurous!
6. I usually use, for a full batch, 1-2 teaspoons of herbs, spices, beetroot powder and ½ teaspoon of sugar (if not using a fruit)
7. Place in the same type of environment you did for your first brew, but you'll cover the container and about every 24 – 48 hours, you'll release the lid to release any build-up of gasses aka “burping” the beverage.
8. Once it is to your liking, it's time to enjoy!

Nutritional Information per serving: 34 Calories, 0 grams Fat, 0 gram Saturated Fat, 0 mg Cholesterol, 10 mg Sodium, 9 grams Total Carbohydrates, 0 gram Fiber, 9 grams Sugar, 0 grams Protein, 0% Vitamin A, 0% Vitamin C, 4% Calcium, 0% Iron

*Plain Kombucha, any flavors are not estimated. Amount of sugar varies dependent on ferment time.