

Kombucha Recipe

Produces 3 litres



Preparation: 15 minutes
Fermentation: 10-15 days

Equipment

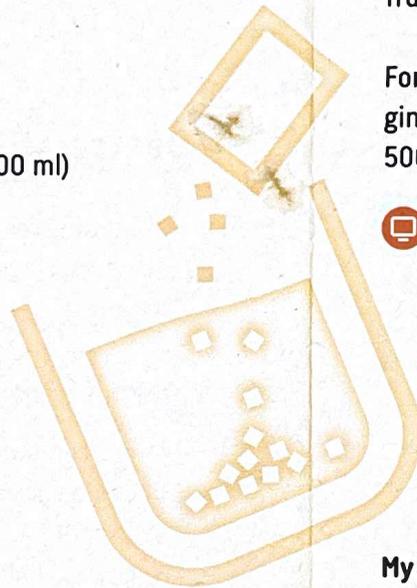
- Jar
- Cloth and elastic band
- Airtight bottles

Ingredients

- 1 kombucha scoby and its liquid culture (300-500 ml)
- 1 tea bag (12 g)
- 200 g of sugar (1 cup)
- Water

Preparation

- Put the tea in the jar.
- Pour 500 ml of boiling water over the tea.
- Infuse for 15 minutes, then remove the tea.
- Add the sugar and stir until dissolved.
- Add cold water up to the 3 litre mark.
- Add the kombucha scoby and its liquid culture.
- Cover the opening with the fabric and secure with an elastic band.
- Ferment for 10-15 days at room temperature.
- Starting on the 5th day, taste regularly. Bottle as soon as the acidity is to your taste.
- Set aside 500 ml of kombucha and the scoby to start your next recipe. Store in the fridge.
- Leave the bottles at room temperature and test the pressure every day. Put in the fridge as soon as it's fizzy. (Be careful with the pressure!)



Congratulations!
Your kombucha is now ready to enjoy.

Flavouring Your Kombucha

Before bottling your kombucha, you can flavour it with herbal tea, fruit or vegetable juice, frozen fruit, herbs, honey, etc.

For this 3 litre kombucha recipe, add 2 cups of juice (or ½ cup for ginger juice). Make sure you have already taken out the scoby and 500 ml of plain kombucha for your next recipe!



For recipe ideas, visit:
fermentationrevolution.com/kombucha-recipes

FAQ

My kombucha scoby looks weird!

Don't worry. 99% of the time, it is perfectly healthy! It can adopt all sorts of appearances and positions (with brown filaments, sinking to the bottom, etc.)

My kombucha is not fizzy!

It may not be very fizzy for the first few recipes, while the scoby is regaining its strength. Airtight, pressure-resistant bottles will help.

How do I store my kombucha scoby?

Between recipes, keep it in the fridge in a sealed 500 ml jar filled with plain kombucha.



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fermentationrevolution.com/kombucha-how-tos