



Kombucha



8 servings



Prep Time: 30 min Resting Time: 7 days

Equipment:

Large pot

1-gallon glass jar

Tightly woven cloth or coffee filter

Rubber band

Bottles for storing finished kombucha

INGREDIENTS

1 SCOBY (Symbiotic Culture of Bacteria and Yeast)

2 cup starter tea (pre-made kombucha from a previous batch or store-bought, unflavored kombucha)

8 cups water

4-6 black tea bags (or 1 tablespoon loose black tea)

1 cup granulated sugar

Optional: flavorings for the second fermentation (fruit, herbs, spices)

NOTES

- **Handling the SCOBY:** Always handle the SCOBY with clean hands and use clean utensils to avoid contamination.
- **Temperature Control:** Kombucha ferments best between 68-85°F. If it's too cold, fermentation will slow down; if too hot, it may become overly acidic.
- **Flavoring Ideas:** Popular flavor combinations include ginger and lemon, raspberry and mint, or apple and cinnamon.

Directions

Make the Sweet Tea:

Boil 8 cups of water in a large pot.

Add the tea bags or loose tea and let steep for 5-10 minutes.

Remove the tea bags or strain the loose tea.

Stir in 1 cup of granulated sugar until completely dissolved.

Allow the sweet tea to cool to room temperature.

Prepare the Kombucha Starter:

Pour the cooled sweet tea into a clean, 1-gallon glass jar.

Add 1 cup of starter tea to the jar.

Add the SCOBY:

With clean hands, gently place the SCOBY into the jar.

Cover the jar with a tightly woven cloth or coffee filter and secure it with a rubber band to keep out dust and bugs.

Ferment the Tea:

Place the jar in a warm, dark place (68-85°F) where it won't be disturbed.

Let it ferment for 7-10 days. The longer it ferments, the more tart and less sweet it will become. Taste it starting at 7 days until it reaches your desired flavor.

Bottling the Kombucha:

With clean hands, remove the SCOBY and set it aside on a clean plate.

Reserve 1-2 cups of the kombucha as a starter tea for your next batch.

Pour the fermented kombucha into bottles, leaving a little space at the top for any flavorings you want to add.

Optional Second Fermentation (for Flavor and Fizz):

Add fruit, herbs, or spices to the bottles for flavor.

Seal the bottles tightly and let them sit at room temperature for 1-3 days to carbonate.

After carbonation, store the bottles in the refrigerator to slow fermentation and enjoy chilled.