

How to Make Kombucha

Kombucha is a fermented 'living' drink that is used as a functional food. It contains multiple species of yeast and beneficial bacteria, organic acids, active enzymes, amino acids, B vitamins and polyphenols produced by these microbes.

Ingredients:

Kombucha culture (or SCOBY - symbiotic culture of bacteria and yeast)

1.5 litre heat-resistant wide-necked glass container / jar (thoroughly washed and left to cool before using - avoid metal containers)

3-4 organic black, green or white tea bags

80-100g granulated sugar

Muslin cloth and elastic band to cover the jar

For brewing supplies -

www.happykombucha.co.uk

How to take?

Start with small servings to assess how your body reacts and increase your intake slowly over a number of days.

Week 1: ¼ pint a day

Week 2: ½ pint a day

Week 3 & ongoing: as much as you like!

Is it safe?

Start slowly as recommended to assess your individual reaction to kombucha. If the SCOBY is healthy then the kombucha will be healthy.

Does kombucha contain alcohol?

It does contain a tiny amount of alcohol as a by-product of the fermentation process (about 1%). Such a small amount won't cause any problems unless you have alcohol sensitivities or drink much more than is recommended.

Useful Resources:

The Art of Fermentation by Sandor Katz

Method:

1. In a kettle, boil 1 litre of water.
2. Place 3-4 teabags and 80-100g granulated sugar into your heat-resistant glass container.
3. Pour the boiled water into the container with the tea bags and sugar, stir, leave to stand for 30 minutes, and then leave to cool.
4. When the container has cooled to room temperature place your SCOBY lightest side upwards in the top of the container and pour in the liquid from the SCOBY bag (retain approx. 125ml of the jar of kombucha to use as a starter tea in your next brew).
5. Secure the muslin cloth over the top of the jar with an elastic band.
6. Store the kombucha out of direct sunlight and in a constant room temperature (approx. 20-23C) – an airing cupboard or similar is ideal. Do not store at floor level or in an area that is walked past constantly.
7. Kombucha takes between 5 – 18 days to brew. After a few days, pour a small amount into a glass and have a sip. If the brew tastes fruity and not like tea, it's ready. The flavour is similar to apple cider vinegar and it should smell vinegary and a bit yeasty.
8. When your brew is ready, pour into the container you plan to keep your drink in, and place in the fridge. Leave approx. a quarter of the liquid with the SCOBY in the bottom of the original jar.
9. Leave for a few hours and then drink.
10. Kombucha will keep well in or out of the fridge; the longer you leave it, the fizzier it will get so you may need to let air out of the container regularly to avoid any explosions!

How to Make Your Next Kombucha Batch

1. While the kombucha is in its own juice in the glass container, you can start a new batch straight away as above.
2. Alternatively, cover the top of the jar with your muslin brewing cloth and leave your SCOBY sitting in its own juice. The SCOBY can be stored at room temperature in its own liquid for up to 5 days (it must not be left to go dry as this will damage the SCOBY).
3. If the SCOBY fails to float or generate a new film after a few days it is no longer viable.

How long does it take?

Bottling a finished batch of kombucha and preparing the next one takes about 20 minutes every 7-10 days.