

HOMEMADE KOMBUCHA

Ingredients

For 1 l container

- SCOBY (symbiotic culture of bacteria and yeasts) and/or some active kombucha as starter
- 0.7 l of water
- 3 teabags or 2 tablespoons of green and black tea (in total)
- 3 tablespoons of sugar

Equipment

- clean 1l glass container (preferably one that gets wider at the opening)
- clean cloth to cover the container
- string or rubber band to fasten the cloth
- pot to cook the tea
- strainer (if you use loose tea)
- glass bottles for storage (around 0.7 l)

Some Variations

- Use other tea than black or green 1
- Use different types of sugar, like syrups (just make sure they contain glucose or fructose)
- Add some fruit purée or juice before transferring it into bottles for second fermentation

Instructions

1. Brew a relatively strong tea using both black and green tea leaves and add sugar (let steep for around 5 minutes)
2. Wait for the tea to cool to room temperature, then pour it into the glass container - if it's still too hot it can kill the kombucha!
3. Add the SCOBY with clean hands and/or pour in the kombucha
4. Cover the container with the cloth and secure with elastic/band
5. Store at a dark, warm place (23 - 29°C) and let ferment for 3 to 7 days. During fermentation, a new SCOBY will form on the surface (or the old one will grow). The kombucha should taste tart but still slightly sweet, when it's done.
6. Put the SCOBY aside in another clean glass container along with some of the kombucha and fill the rest of the kombucha into glass bottles. Set the closed bottles aside (out of direct light) for a day or so for the second fermentation, during which carbonation happens, then store the bottles in the fridge. You can use the SCOBY to make another batch right away or store it in a closed jar in the fridge until you prepare the next one.