

Fermented Foods Cooking Demo

Kombucha

Prep time: 20 minutes

Total time: 5 days to 21 days

Yield: 12 servings, 1 cup each

Ingredients:

3 quarts (12 cups) purified water

8 bags organic black or green tea (or 4 teaspoons loose leaf tea)

¾ cup cane sugar

1 cup kombucha (from previous batch)

1 SCOBY (or 1 at least 2" diameter piece)

Directions:

1. Boil water in a pot or tea kettle on the stove or in an electric tea kettle.
2. Rinse 1 gallon glass jar (or 2 half gallon jars) with boiling water. Pour 3 quarts boiling water into jar(s) and add tea bags. Steep tea for 10 to 15 minutes.
3. Pour boiling water over metal spoon to clean. Remove tea bags and stir in sugar.
4. Allow tea to cool to room temperature (this will take several hours).
5. Add SCOBY and kombucha to tea. Cover with a clean cloth or dish towel and secure with a rubber band.
6. Put kombucha culture in a warm spot (ideally 80-85 degrees F) away from direct sunlight. Wait 5-7 days before tasting, then start tasting the kombucha with a clean spoon every few days until you like the flavor.
7. Once kombucha is done fermenting, remove the new SCOBY and place it in a jar with 1 cup fresh kombucha. Set aside if you're going to make another batch right away, or refrigerate the covered jar until you're ready to make another batch.
8. Strain the kombucha through a strainer or cheesecloth and bottle in glass jars with tight sealing lids. Store in the refrigerator.

Notes:

- Kombucha will ferment faster in the summer and slower in the winter so it's important to taste the kombucha so you know when it's done.
- If you'd like to flavor your kombucha, at step 8, add flavoring of choice when bottling kombucha (some examples here: <http://www.naturallyloriel.com/20-ways-to-flavor-your-kombucha/>).
- If you'd like to increase the carbonation of your kombucha, at step 8, bottle kombucha and leave it at room temperature for 24-48 hours, then refrigerate.

Nutrition Information:

Per 1 cup serving: 30 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 10mg sodium, 7g total carbohydrates, 2g sugars, 0g protein, very high in vitamins B6 and B12.