

# Kombucha Recipe

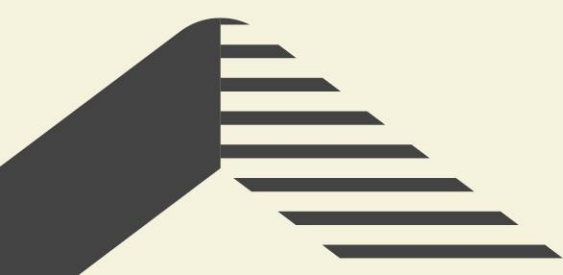


# Kombucha Recipe



## METHOD

TO BREW KOMBUCHA YOU WILL NEED:

- A KOMBUCHA CULTURE (OR SCOBY)
  - A GLASS CONTAINER/JAR OF SOME DESCRIPTION, I USE JARS THAT HOLD APPROX 2 LITRES AND ALL THE INFORMATION BELOW IS GEARED TOWARDS BREWING IN A 2 LITRE CONTAINER.
  - TEA – I USE ORGANIC TEA, AND IT IS IMPERATIVE THAT ALL BREWING IS DONE USING A BASE OF ‘REAL’ TEA, BE IT GREEN, BLACK, WHITE ETC.
  - SUGAR – GRANULATED.
  - A TIGHT WEAVED COTTON OR MUSLIN CLOTH AND ELASTIC BAND TO COVER YOUR JAR
  - KOMBUCHA BREWS BEST AT A CONSTANT ROOM TEMPERATURE OF APPROX 20-23C AN AIRING CUPBOARD OR SIMILAR IS IDEAL OR A WARM ROOM. IN THE WINTER OR IF YOUR ROOMS ARE COLD THEN YOU MIGHT FIND A HEATER TRAY HELPFUL.
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## INGREDIENTS

1 X LARGE SCOBY

[HTTPS://HAPPYKOMBUCHA.CO.UK/COLLECTIONS/ALL-KOMBUCHA-CULTURES-AND-KITS/PRODUCTS/ORAGNIC-KOMBUCHA-SCOBY?VARIANT=17690060455987](https://happykombucha.co.uk/collections/all-kombucha-cultures-and-kits/products/organic-kombucha-scooby?variant=17690060455987)

16G LOOSE LEAF TEA: OOLONG  
OR JASMINE WORK VERY WELL

160-200G SUGAR

WATER

# Kombucha Recipe



## METHOD (continued)

Boil a kettle full of water. Put the tea into a heat proof container to make the tea. This can be made of metal (as you have not added the scoby yet) so a pan is fine or large teapot also take care if using plastic as it can become quite flexible when hot, then add between 160 and 200 grams of sugar to the container. I usually go for nearer 170 grams, but this is preference.

With the tea and sugar in your container, when your kettle boils, pour the boiling water into the container in which you have placed your tea and sugar, do not pour boiling water into glass container.(DO NOT add your scoby at this point, You will add this later). Stir your boiling hot container full of tea and sugar, then wait half an hour before removing your tea bags, and then leave to cool.

Wait until the container's liquid is cool to touch, by that we mean, if you stick your little finger in, it feels no more than barely warm, and closer to cold. Cold is best, but naturally cold, not freezing. Strain the tea and place your Scoby in the top of your container, the lightest side upwards (don't worry too much if this is hard to gauge). The Scoby will either float, sink or something in between, all good. With your Scoby floating in the tea, put a piece of cotton or muslin over the container top, like you do with homemade jam. Then find a spot for your container, this should be somewhere out of direct sunlight but in a room of a relatively balanced temperature.

Now, judging the readiness of your Kombucha drink is not a scientific process. You will come to 'know' when it is brewed, but don't worry, before you have gained this knowledge for yourself, we offer this advice. Your Kombucha will take between 6 to 14 days to brew. Take a look at the darkness of the tea when you first put your Kombucha into it, then note how the liquid changes colour over the passing days. The colour will change, to a degree, and the liquid will become slightly cloudier. Our recommendation is that, after three days you pour a very small amount into a glass and have a sip. If the brew tastes fruity and not tea like, it's ready, if not, leave it another day and try again. As you get more experienced you will come to learn the brew duration that best suits your taste buds and palette.

When you feel your brew is ready, pour your brew into the container you plan to keep your ready made drink in, but remember to leave the scoby sitting in a small amount of the brew in its brewing jar. Put your ready made drink into the fridge, leave it for a few hours and then drink! The longer you leave it in the fridge, the fizzier it will get, and it can be left without going off so drink at whatever pace suits. While your Kombucha sits in its jar in the small amount of its own juice, either boil the kettle to brew another batch (that way more should be ready by the time you have drunk your first lot), or if you are not ready to brew some more, cover the top of the jar and leave your scoby sitting in its juice.

