

HOW TO MAKE KOMBUCHA TEA

PREP TIME: 30mins | TOTAL TIME: 6-14 days (to taste)

This healthful beverage made from tea and a fungal culture is relatively easy to prepare. You may obtain a Kombucha mushroom culture from a friend, yoga teacher (me) or health food market. Kombucha is easy and fun to make!

TOOLS YOU'LL NEED:

A 4-quart cooker	A teaspoon (plastic)
Non metallic spoon <i>(take rings off to handle mushrooms)</i>	Measuring cup
	1-gallon glass jar
	Cheesecloth

INGREDIENTS:

3 quarts (12C) purified water
1C white sugar
4-5 tea bags (black, green, your choice!)
A kombucha 'mushroom' culture

1. Wash all utensils with hot sudsy water and rinse well... Sanitation is VERY IMPORTANT with Kombucha.
2. Boil **3 quarts** (12 cups) of **purified water**.
3. Add **1 cup white sugar** to water when a rolling boil is reached. Boil water and sugar for five minutes.
4. Turn off heat add **4-5 tea bags** (black or green tea)
5. Steep 10-15 minutes and remove tea leaves or bags and let cool (it does not hurt to steep the tea longer)
6. Pour **COOLED** tea into gallon size container
7. Add your Kombucha culture placing it so that the smooth shiny surface lies up. Add 1 cup of fermented Kombucha Tea from a previous batch (or substitute 1/4 cup, distilled vinegar works fine)
8. Place cheesecloth over the opening of the jar and secure with a rubber band, this keeps dust, mold spores and vinegar flies out of the fermenting tea.
9. Allow to sit undisturbed 6-15 days in a well ventilated and darkened place away from direct sunlight (temp 65-90 degrees F.)
10. When the tea is brewed to your taste remove the 2 cultures.
11. Gently separate and place the cultures in a glass bowl covered with plastic wrap or a plastic container and refrigerate, they will keep refrigerated for approximately six months, possibly longer.
12. Pour the fermented tea through a coffee filter and bottle into a glass or food-grade plastic quart bottles. (This is OPTIONAL; you only need to do this if you don't like the strands of the culture in your tea. They are fine to drink.)
13. Date and label the bottle tea and put it in the refrigerator.

After 6-15 days, pour off a couple ounces for a taste test to make sure the tea is ready to harvest.

Taste Test Legend : A taste test on a batch of Kombucha tea may taste like this :

4-6 Days - Too sweet, not all sugar is converted

7-9 Days - Taste like sparkling apple cider

10 plus days - Vinegar taste becomes prominent.

NOTES:

- During the summer I use a kit cap or towel over cheesecloth. Secure with rubber band to keep flies out.
- If it is your first time brewing, ¼ cup white distilled vinegar can be substituted for the fermented starter Kombucha liquid.
- One of the four tea bags can be substituted with and herbal blender variety. Sometimes the culture floats to the top, sometimes it sinks to the bottom, of the liquid. Either way it is okay. When the culture sinks to the bottom a new culture (baby) will begin to grow on the surface of the tea,
- I blend fresh fruit and pour 1. /2 -1 into the bottom of the bottle before adding brew, refrigerate to minimize secondary fermentation.