

Dry but Wet

Kombucha 101



You'll need:

- Black Tea
- Sugar
- A SCOBY and a cup or 2 of kombucha
- A large jar (over 3L, ones with a tap are ideal for bottling your kombucha when ready. Glass is preferable over plastic or metal)
- A chux or muslin cloth & rubber band
- Herbal teas for flavouring (optional)

Part 1: Making your brew

- 1) Start with a dish that can handle boiling water.
- 2) Add black tea bags and white sugar. You'll need 2 tea bags & 1/4c white sugar per 1L of liquid (for example, a 3L jar uses 6 tea bags & 3/4c sugar)
- 3) Add boiling water and stir to dissolve sugar. I also add additional herbal teas at this point, ginger, rosehip, raspberry etc. Be adventurous or leave it plain.
- 4) Leave your brew to cool completely.
- 5) When your brew is cold, remove tea bags and pour liquid it into your fermenting vessel adding the additional volume of water, your SCOBY and 1 - 2 c of existing kombucha.
- 6) Cover your jar with a breathable cloth, secured in place with a tie/rubber band.
- 7) Leave in a cool, dark place for about a week or until ready.
- 8) Over the next week your kombucha will go from a very sweet liquid to more tart/vinegar. Start tasting it around day 4 and taste it every day until it's reached your desired taste. It should have a hint of sweetness, but quite tart (around Day
- 9) To taste your kombucha, dip in a sterilised spoon or sneak in a straw down the side of your SCOBY.
- 10) When your kombucha has reached your desired taste, it's ready to drink! Put aside your SCOBY and 1 -2c kombucha for your next brew!



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You'll need:

- clean plastic/glass bottles or jars
- sugar, berries, fruit syrup or honey

Part 2: Bottle ferment

- 1) Put aside your SCOBY and 1 -2c kombucha for your next brew!
- 2) Decant your brew into the containers leaving a little space at the top for gas.
- 3) Add in your berries, or 1/2 t of liquid sweetener to feed the next ferment
- 4) Cap your bottles and give them a good shake
- 5) Keep in a dark place for the next 7 days, or until you reach your desired fizz.
- 6) Once you get to your dream fizz state, storing in the fridge will put a stop to the ferment.
- 7) Pour and enjoy!



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