

HOW TO MAKE KOMBUCHA TEA *(Taken from www.culturesforhealth.com)*

1. Gather Equipment for Making Kombucha Tea

Making kombucha tea at home is easy, and it only requires a few pieces of equipment to get started. You can learn more about choosing the best equipment for making kombucha in this article, but in short you will need:

- Quart-Size Glass Jar
- Plastic or Wooden Stirring Utensil
- Tight-Weave Cloth or Paper Coffee Filter
- Something to secure the cover to the jar (rubber band or canning jar rings work well)

2. Gather Ingredients for Making Kombucha

- Water, free from chlorine and fluorides.
- White cane sugar. The kombucha SCOBY needs something to feed on!
- Tea bags or loose tea. Black tea works best but there are options you can use after your kombucha is reliably culturing for a few batches.
- Starter tea (tea from a previous batch of kombucha) or distilled white vinegar. You'll need one of these acidic liquids to keep the proper pH. See the chart below for ratios.
- An active SCOBY. This acts as the starter culture for making kombucha. Be sure to watch our HOW-TO VIDEO on activating a dehydrated Kombucha SCOBY first!

While it may be tempting to experiment with different types of vinegar, it's very important to **always use distilled white vinegar** to ensure an appropriately acidic environment. Apple cider vinegar and rice vinegar are **not** appropriate for making kombucha tea.

You can make kombucha on a regular basis using the ratios below. Keep in mind that these ratios are for making regular batches of kombucha. If you have just started making kombucha, we also recommend slowly working up to larger batch sizes to help maintain proper ingredients ratios and to avoid stressing the SCOBY.

3. Select Ingredient Ratios for Making Different Amounts of Kombucha

KOMBUCHA INGREDIENT RATIOS

One-Quart Batch:

- 1½ teaspoon loose tea **OR** 2 tea bags
- ¼ cup sugar
- 2-3 cups water
- ½ cup starter tea or vinegar

Half-Gallon Batch:

- 1 tablespoon loose tea **OR** 4 tea bags
- ½ cup sugar
- 6-7 cups water
- 1 cup starter tea or vinegar

Gallon Batch:

- 2 tablespoons loose tea **OR** 8 tea bags
- 1 cup sugar
- 13-14 cups water
- 2 cups starter tea or vinegar

4. Follow Instructions for Making Kombucha Tea

1. **Combine** hot water and sugar in a glass jar. **Stir** until the sugar dissolves. The water should be hot enough to steep the tea but does not have to be boiling.
2. **Place** the tea or tea bags in the sugar water to steep.
NOTE: Using a metal tea ball to contain loose tea for making kombucha is acceptable. The tea ball should be removed before adding the SCOBY and starter tea, so the tea ball will not come into contact with the SCOBY.
3. **Cool** the mixture to 68-85°F. *The tea may be left in the liquid as it cools or removed after the first 10-15 minutes. The longer the tea is left in the liquid, the stronger the tea will be.*
4. **Remove** the tea bags or completely strain the loose tea leaves from the liquid.
5. **Add starter tea** from a previous batch to the liquid. *If you do not have starter tea, distilled white vinegar may be substituted.*
6. **Add** an active kombucha SCOBY.
7. **Cover** the jar with a tight-weave towel or coffee filter and **secure** with a rubber band.
8. **Allow** the mixture to sit undisturbed at 68-85°F, out of direct sunlight, for 7-30 days, or to taste. The longer the kombucha ferments, the less sweet and more vinegary it will taste.
*Tip: After 7 days, begin **tasting** the brewing kombucha. Use a **straw or non-metal spoon** to remove some liquid from the jar. Once the flavor reaches the desired sweetness or acidity, halt the process by pouring the finished kombucha into bottles or containers for flavoring or drinking plain.*
9. **Pour** kombucha off the top of the jar for consuming. **Retain** the SCOBY and enough liquid from the bottom of the jar to use as starter tea for the next batch.
10. The finished kombucha can be flavored and bottled, if desired, or enjoyed plain.

5. Flavor and Bottle to Make Your Kombucha Fizzy!

Once the kombucha has finished culturing, remove the SCOBY and enjoy it plain or add flavoring. There is no limit to the flavoring possibilities. For a fizzy finished kombucha, try bottling it in a Grolsch-style bottle or other tightly-sealed container.

If you decide to flavor your kombucha, you can either enjoy it immediately or ferment further, for a more developed taste in the final product.

Ratios for Flavoring Kombucha Tea

- If flavoring with fresh, frozen, or dried fruit, start with 10-30% fruit and 70-90% Kombucha.
- If flavoring with juice, start with 10-20% juice and 80-90% Kombucha.
- If flavoring with herbs, the variety and strength of herbs varies greatly. Experiment to come up with the best ratios and combinations for your taste preferences.
- For flavor extracts such as almond or vanilla extract, start with 1/4 teaspoon extract per cup of kombucha and adjust to taste. Remember the flavor will continue to develop during the second fermentation period.

CONTINUOUS BREW KOMBUCHA

Once you've been brewing kombucha for a while, you may find it more convenient to set up a kombucha continuous brewing system. Rather than changing brewing containers for every batch, this method allows you to make larger batches, one after the other in the same container (usually a one-gallon glass jar). Not only does this create a nice little fermentation ecosystem, a kombucha continuous brew system is low maintenance and provides a healthy environment for your SCOBY.

KOMBUCHA TROUBLESHOOTING FAQ

Q. My kombucha has been fermenting for a period of time and is developing brown stringy particles. Is this normal?

A. The brown stringy particles are yeast particles and are harmless. They are a natural byproduct of the fermentation process. You can strain them out of the finished kombucha if desired. Kombucha cultures will also work just fine even with holes or if they have been torn in half.

Q. My kombucha culture sank to the bottom of my container, is floating sideways, rose to the top of the liquid, etc. Is this normal?

A. Depending on a number of factors, the culture may sink, float, or sit sideways. Any of these is normal and will not affect the brewing process.

Q. My batch of kombucha has developed mold. What can I do?

A. Once mold has developed, it is very important to discard the whole batch, including the kombucha scoby.