

## **Chef's Andrea and Jason Moss**

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### **KOMBUCHA**

#### **Making, growing, or storing a SCOBY**

The SCOBY (symbiotic culture of bacteria and yeast) is the mother of the kombucha. This culture of bacteria and yeast feeds on the caffeine and sugar resulting in a probiotic rich fermented tea. Below is how to make a SCOBY from scratch. To accelerate the process of fermenting Kombucha, you can buy a SCOBY or get a piece from a fellow brewer.

#### **SCOBY Ingredients:**

1 cup clean water

1 Tablespoon white sugar

2 bags black tea

2 Tablespoons unpasteurized, unflavored store bought kombucha

1 Sterile Container

Tightly woven cloth (coffee filters, paper towels, napkins)

Rubber band

#### **SCOBY Instructions:**

Bring water to a boil. Remove from heat and dissolve sugar into it.

Add the tea and steep while water cools to room temperature.

Pour the sweetened tea into sterile container, then the store-bought kombucha.

Cover with cloth or lid (not airtight). Set somewhere dark, and warm (70 degrees or above) for 1 to 4 weeks, or until a ¼ inch thick SCOBY on top. When you are ready to make your first batch of kombucha, drain off the tea and discard as it will be very vinegary and not drinkable. You are now ready to ferment your first batch of Kombucha. Do not drain off tea until you are ready to ferment!

#### **Things to note when making your SCOBY:**

**No decaf.** The SCOBY doesn't like decaf tea and will not grow as well if fed it

**Only black tea.** Similarly, the SCOBY doesn't grow as well with green or fruity teas. Once your SCOBY is big and strong you can use green tea, but for now stick with black. **No honey.** Honey can contain botulism that will grow quickly and can

be dangerous. You can use honey when making the Kombucha but not for making, growing or storing a SCOBY.

Letting the SCBOY sit undisturbed will ensure success. Over a week of damp weather in the 70 -80 degree weather I grew a nice size SCOBY from a starter piece I bought online. Good signs are bubbles, a thin, translucent layer, eventually thickening into a full-on SCOBY. If it floats sideways or sinks, leave it! This can take 1 to 4 weeks, until a ¼ inch SCOBY has formed (this took 1 week in damp 70-80-degree weather).

To keep the SCOBY, you can transfer new ones to a SCOBY hotel sitting in a batch of tea. Drain off all but ¼ cup and change tea as desired will stay for up to 6 months in the fridge without feeding. If you drain the tea and replenish with fresh you can keep the SCOBY for years.

### **Making the Kombucha – First Fermentation**

Ingredients:

2 cups clean water

2 Tablespoons white sugar

4 bags black or green tea

4 Tablespoons cups unflavored starter tea (from the tea you store your SCOBY into, or store bought Kombucha)

1 SCOBYs

1 Qt sterile container

Lid or cloth and Rubber bands

Single use plastic gloves

### **First Fermentation:**

Bring water to a boil in a clean pot. Remove from heat and dissolve sugar into it. Add the tea and allow to steep. Tea **MUST** be room temperature before using. Don't risk killing your SCOBY in hot water.

Pour the sweetened tea into your container, then pour in starter kombucha. With sterile gloved hands, gently place SCOBY on top and cover the container. Set the jar somewhere dark, still, and room temperature (70-75 degrees) for anywhere from 6 to 10 days. Begin tasting the tea at about 6 day. It should be mildly sweet and slightly vinegary. The warmer the air temperature, the faster the kombucha will ferment. The longer the tea ferments, the more sugar molecules will be eaten up, the less sweet it will be.

Reserve ¼ cup from this batch to use as starter kombucha for your next batch (just leave it in the jar with SCOBY). The rest can move into the second and final fermentation.

Things to note about the first fermentation:

In this step, unlike in the making of the SCOBY, you can use other teas besides black. Feel free to experiment with green, white, oolong, or combinations of them. Fruit teas should be mixed with a few black tea bags to ensure the SCOBY mama gets what she needs to thrive.

Once the SCOBY gets to be about an inch (2.5 cm) thick, peel off a few layers to create a second SCOBY and store in the above-mentioned SCOBY Hotel!

## THE SECOND FERMENTATION

This is where you can play around with sweet, fruity flavors and carbonate your brew.

### **Ingredients:**

Homemade kombucha from the first fermentation

Sweetener (fruit, honey, or sugar). Here are a few ideas per 1 cup kombucha:

1 to 2 Tbsp mashed fruit or fruit juice

A slice of orange

1 to 2 tsp honey

a piece of peppermint candy

a piece of candied ginger

Fermenting Bottle or Container- need an airtight seal

Funnel

Balloon (optional)

### **Second Fermentation:**

Strain kombucha, and funnel into bottle, leaving about 1 1/2 inches at the top.

Add your chosen sweetener and seal tightly with lid.

Let ferment somewhere dark and room temperature for 3 to 10 days.

If desired, strain out fruit before serving. Place in fridge to slow the carbonation process.

Things to note about the second fermentation:

Your jars can explode! Use precautions we discussed! Refrigerate to slow fermentation. Carefully open bottles over the sink with a towel in hand. The more sugar/fruit you add, the faster the kombucha will ferment and become carbonated.

