

HOMEMADE KOMBUCHA



STAGE 1

GROWING SCOBY FROM SCRATCH

Ingredients

- 700 ml Water
- 5 g Black tea
- 60 g Sugar
- 1 bottle RAW unflavoured Kombucha

Notes:

**If you use boiling hot water, you might burn your tea leaves, so it's not recommended.*

***Kombucha MUST be Raw with some sediment at the bottom. If there's no sediment, there won't be any scoby growth.*

****Do not use cheese cloth. It will allow some small insects and fries to pass through.*

Directions

1. Boil water, let it cool down in a teapot for 3 min*
Steep in it your black tea for 20 min.
2. Dissolve sugar in tea. Cool it down to at least 85F (30C). Use an ice-bowl to cool down faster (if necessary).
3. Transfer your tea to the jar, where you are planning to brew your Kombucha and pour in a bottle of Raw** Kombucha.
4. Cover the jar with a clean towel*** (for optimal air circulation), secure with an elastic band, and let it do its magic in dark, calm and warm place for 7 days.
During this time, do not move the jar around. Keep the internal temperature between 75 and 85F (24-30C).

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STAGE 2 FIRST BREW

Ingredients

- Baby scoby with its scoby liquid
- 2 L Water
- 17 g Black tea
- 240 g Sugar
- 1.7 L Water (additionally)

Notes:

**Make sure that the tea temperature is not too hot. Otherwise, you will definitely damage scoby, or even kill it.*

Directions

1. Follow the same procedure here with tea: boil 2 L of water and steep in it tea for 20 min.
2. Dissolve sugar in the mixture.
3. Add the rest of water and cool down your sweet tea to at least 85F (30C)*.
4. Carefully pour this sweet tea mixture into a jar with your baby scoby and some scoby liquid.
5. Put the jar in a dark, calm and warm place for 10 days.



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STAGE 3

BOTTLING & CARBONATION

Ingredients

- Kombucha
- Fruits/vegetables/spices of your choice

Notes:

**Kombucha pH level must be between 2.5 and 3.5.*

It should have a strong smell of fermentation (not spoilage), and taste sweet & sour (more on the sour side at this stage).

***Use any flavourings you like, but keep in mind that the sweeter they are the less time would be required for carbonation.*

****Use glass round bottles with swing-tops. They are less likely to burst from the internal pressure.*

Directions

1. Check your Kombucha on pH level. Also taste and smell*.
2. Prepare your flavourings of choice**: wash, cut, etc. and put them inside bottles***.
3. Pour in your Kombucha almost to the top. Close the swing-top.
4. Carbonate your Kombucha at room temperature for at least 7 days. When ready, open VERY slowly for the first time, pushing down the top and releasing pressure from the inside very carefully :)
5. ENJOY YOUR KOMBUCHA JOURNEY & don't forget to share it with me!



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BONUS

MAINTENANCE

NOTES

1. If you are planning to grow Kombucha continuously, set up a scoby hotel (an extra glass jar), and transfer there new-grown scoby (in case your main one will need replacement at some point, or you decide to play around with different tea varieties and brew several types of Kombucha, or to give it to a friend). *Scoby grows on top, so the top layer would be the new scoby.
2. Do the maintenance for your scoby once in 2-3 months: transfer new scoby to a scoby hotel, clean off any yeast from the scoby surface under filtered water, clean the jar (do not use antibacterial soap, it will kill all the vital and good bacteria as well). **Always keep at least 250 ml of the original scoby liquid in.
3. When you are done with maintenance, don't forget to sweeten the life of your scoby, i.e. pour in some sweetened tea.