

Kombucha Notes

Maintaining Mothers

- Mothers can be stored in a container (hotel) on the counter.
- Add some fresh sweetened tea (from basic Kombucha recipe) each time you make Kombucha.
- Once in while remove mothers to a bowl, drain hotel and clean well. Replace mothers and cover with fresh sweet tea.

Basic Recipe (for ~4.5 l)

- Make a strong brew of 40 g of tea with 1 cup of sugar (can be bags of black tea or a mix of green and black – I haven't tried all green tea). It is best to cool the tea quickly with ice to get to ~80°F (just above room temperature). Add water to achieve a final volume of ~4.5 l.
- Put cooled sweet tea Kombucha in brewing container (some sweet tea can be added to the mother hotel) and add a mother and retained ~1/2 cup raw Kombucha from previous batch.
- Cover with a cloth and allow to ferment until you get a sour carbonated raw Kombucha - ~2 or more weeks depending on the room temperature.
- Don't disturb the Kombucha as a new mother should form on the surface (sometimes attached to the previous mother on the surface, sometimes on its own with the previous mother floating below).
- Watch surface of the new mother. It should not get mould spots, but if it does, I have sometimes stopped the mould with a small bit of vodka dropped on with a dropper. If the surface becomes too mouldy, you may have to throw the batch out and start again with a new mother.
- Once the Kombucha is finished, remove the mother(s) and retain ~1/2 cup raw Kombucha for a new batch.
- The Kombucha can then be flavoured, a bit of additional sugar added, and bottled in sealer bottles. The sealed bottles will require a few days on the counter to ferment the additional sugar and carbonate. Then they can be refrigerated. Flavouring recipes below.

Lemon Ginger

- Rasp about 1 inch of a thick frozen ginger stalk.
- Add to a small pan with juice from 2 large lemons, rasped lemon peel and 8 tsps of honey. Bring to a boil and remove from heat.
- Strain lemon ginger mixture and allow to cool (can add ice to speed up the process).
- Add liquid to raw Kombucha and bottle.

Unsweetened Juice concentrates (e.g. cranberry, sour cherry)

- Mix ~1/2 l of unsweetened juice concentrate with 8 tsps of sugar.
- Add liquid to raw Kombucha and bottle.

Sweetened juice concentrates (e.g. cranberry, pomegranate)

- Add ~1 l of sweetened juice concentrate to raw Kombucha and bottle.