

PROBIOTIC-RICH KOMBUCHA



Not only is kombucha flavorful, this naturally carbonated fermented beverage is packed with health benefits for the gut. The process may seem complex, but it's actually mostly hands-off, letting time and nature take its course.

EQUIPMENT NEEDED

- Large sauce pot
- 3- or 4-liter glass jar (lead-free),
- bottling jars with sealable lids

Makes: 3L

INGREDIENTS

- 3L (12 cups) water, filtered
- 3 plastic-free tea bags, black or green
- 1 cup raw cane sugar
- SCOBY
- 1 cup Kombucha liquid
- Berries of choice

Note: Join the 'UAE Culture Club' Facebook group to find someone willing to share a SCOBY in your area. In the US and Canada, [CulturesforHealth.com](https://culturesforhealth.com) is a great online resource for all things fermentation.

PROBIOTIC-RICH KOMBUCHA

DIRECTIONS

1. Pour 3L (12 cups) of filtered water into a large pot on the stove. Add the tea bags and sugar and bring to a boil.
2. Remove from heat and allow it to cool to room temperature. Remove the tea bags.
3. Once cooled, pour tea into the big glass jar. Add the SCOBY and pour 1 cup of the reserved or matured Kombucha liquid from a previous batch on top. The SCOBY will float to the top of the brew.
4. Wait 5 to 10 days or longer if you live in colder climate. Taste the tea. It is ready when it appeals to your taste. The longer it ferments, the less sweet and more alcohol tasting it becomes.
5. With clean hands (wash with soap, then rub with vinegar), remove the SCOBY and place it in a smaller jar with approximately 2 cups of the prepared Kombucha tea. This will be used for your next batch.
6. Pour the remaining Kombucha tea in the smaller glass jars. Flavor the tea by adding whatever fruits or herbs you prefer. I like to use 10-15 fresh blueberries and raspberries.
7. Place the bottled Kombucha tea in a dark place for 24 to 48 hours, and "burp" the jars (open them) from time to time to release CO2 gases and prevent any explosions from carbonation.
8. Refrigerate your Kombucha tea and enjoy in small quantities to begin with (~¼cup).

UNJUNK TIPS

1. The longer the tea is left to ferment, the more beneficial properties it will have. However, it will also become more sour/vinegar-tasting, have a higher alcohol level, and less sugar. You'll have to experiment to see what works best for you.
2. The sugar content in Kombucha depends on the amount of time it is left to ferment; the longer it ferments, the less sugar it will have.
3. There is conflicting information about the exact amount of sugar present after 7 to 10 days of fermentation. If sugar is a concern, you can always measure the amount of sugar using a sugar test kit or let it ferment longer; between 15 to 30 days.
4. Keep in mind, however, that the longer it ferments, the higher the alcohol level becomes. The alcohol level can also be measured using a hydrometer.