

Kombucha

Recipe by Minna Wood
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	65 kj	1%
Energy (kcal)	15 kcal	1%
Fat	0 g	0%
<i>of which saturates</i>	0 g	0%
Carbohydrate	3.7 g	1%
<i>of which sugars</i>	3.7 g	4%
Fibre	0 g	0%
Protein	0 g	0%
Salt	0 g	0%

Generated by Nutritics v5.62 on 7th Feb 2021

Ingredients (Makes approx. 1-1.5 litres):

1 litre of boiling water, 4 tbsp organic cane sugar, 4 tea bags (normal caffeinated tea/green tea)
¼ lemon or lime, 1 starter culture or SCOBY (symbiotic culture/colony of bacteria and yeasts). If you have previously made kombucha, add 2-3 tbsp of fermented kombucha from a previous batch. If this is the first time, simple begin with your starter culture.

Equipment:

1 large glass fermenting jar, large enough to take the whole volume of water and all the ingredients (or 2 smaller jars for two divided batches), 1 measuring jug/tea pot (for brewing tea), muslin cloth/tea towel/large coffee filter paper, 1-2 elastic bands, 1 plate, plastic funnel, 1 fine-mesh plastic sieve (or a funnel with a sieve), 1-2 glass bottles with an air-tight cap (e.g. Kilner clip-top bottles), 1 measuring jug (for the bottling stage)

Optional extras for flavouring during the 2ND fermentation:

Freshly squeezed fruit juice – orange / lemon / lime
Fruit slices or berries e.g. orange rind / raspberries / black berries / pomegranate seeds
Fresh herbs and spices e.g. ginger / turmeric / mint leaves or other

Method:

1. In a measuring jug (or a tea pot), dissolve the sugar in 1 litre boiling water, then add the tea bags. Leave to brew and fully cool down.
2. When the tea is cool, remove the tea bags.
3. Sterilise the fermentation jar(s) with boiling water. Leave for several seconds, then tip away.

ALLERGENS



MODIFY

Vary with different tea choices
Fruit infusions
Herbs and spices

CREDIT

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METHOD CONTINUED:

1. Into the fermenting jar, add the lemon/lime and the SCOBY (if available, add the 2-3tbsp of kombucha from your previous batch, then pour your tea into the jar. Important: Make sure the tea has cooled down to room temperature before adding it into the SCOBY as hot water can kill the bacteria and yeasts in the SCOBY
2. Cover the jar with a piece of muslin/towel/coffee filter paper and secure with a rubber band.
3. Leave to ferment at room temperature for 7-14 days. It can be left for longer occasionally, if you are too busy to attend to your kombucha. The longer you leave it the less sugar there will be in the final drink and the more sour it will become in flavour. You can taste the kombucha after 7 days and keep tasting regularly, and when you are happy with the taste, it's ready for bottling. You can drink the kombucha at this stage or proceed to the second fermentation. The second fermentation is when you can experiment with different flavours and also produce a fizzier drink.

BOTTLING AND SECOND FERMENTATION:

1. Wash your hands and boil the kettle.
2. Remove the SCOBY from your ready-fermented kombucha onto a plate (you can use your clean hands or tongs). Inspect the SCOBY. **
3. Strain the fermented kombucha through a plastic sieve into a measuring jug. Discard the lemon/lime.
4. Sterilise your glass bottle(s) with boiling water and then tip the water away.
5. Use a funnel to pour the fermented kombucha into the bottle(s) (through a sieve if you want). Optional: Add any of the flavourings at this stage. Aim to fill the bottle almost to the brim (leave around 1 cm head room). Close the cap(s).
6. Second fermentation (optional): Leave the bottles at room temperature for 1-4 days. Burp the bottles occasionally to release some gas by releasing the cap. When you are happy with the level of fizziness, place the bottle(s) into the fridge to store. If you skip the second fermentation, just place the bottles filled with the fermented kombucha in the fridge to store.

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SCOBY MAINTENANCE:

1. ****Note:** The SCOBY will take the shape of your jar and may have grown a new layer, or a 'baby' SCOBY, on top of the original SCOBY (the mother). You can keep both for your next batch or discard the baby, by separating it from the mother. You can have several separate SCOBYS in your brew if you have a big enough jar. After several brews, the oldest mother may start looking dark and old so you can discard it and continue to ferment with the newest ones. You can give any surplus babies to a friend in a jar/resealable plastic bag with some kombucha in it; or simply discard them. If you see a lot of brownish straggly stringy bits hanging from the SCOBY, these are yeast growth, which is normal. However, the more yeast there is, the more alcoholic the drink becomes.

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