

how to make
**KOMBUCHA
TEA**

**EVERYTHING YOU NEED
TO KNOW TO BREW & USE
FERMENTED TEA**



MIRA DESSY, NE
THE INGREDIENT GURU

HOW TO MAKE KOMBUCHA

**Everything You Need to Know to
Brew & Use Fermented Tea**

Mira Dessy, NE

Copyright © 2020 Mira Dessy All rights reserved.
No portion of this book may be reproduced in any form
without permission from the publisher,
except as permitted by U.S. copyright law.

For permissions contact:
Versadia Press, PO Box 132291, Spring, TX 77393
<http://www.versadiapress.com/contact.html>

CONTENTS

ACKNOWLEDGMENT	1
WHAT IS KOMBUCHA	3
HEALTH BENEFITS	4
WHY BREW KOMBUCHA	6
BREWING KOMBUCHA	7
<i>How to Make Kombucha</i>	<i>9</i>
<i>Ingredients</i>	<i>10</i>
<i>Brewing Instructions</i>	<i>12</i>
FLAVORING YOUR KOMBUCHA	13
CARING FOR YOUR KOMBUCHA	
CULTURE	16
<i>Stockpile</i>	<i>17</i>
<i>Going on Vacation</i>	<i>19</i>
OTHER USES FOR KOMBUCHA	20
<i>Spritzer</i>	<i>21</i>
<i>Vinaigrette</i>	<i>22</i>
<i>Pancakes</i>	<i>23</i>
<i>Marinade</i>	<i>24</i>
<i>Mustard Vinaigrette</i>	<i>25</i>
<i>Barbecue Sauce #1</i>	<i>26</i>
<i>Overnight Oats</i>	<i>27</i>
GETTING A SCOBY	28
ABOUT THE AUTHOR	30
DISCLAIMER	32

ACKNOWLEDGEMENT

I'm a fan of consuming cultured, or fermented, foods. They're good for your gut and a very healthy way to add probiotics to your system. While I certainly don't make all of the fermented foods that I could, I do make some; I buy others. The challenge is finding the time to make everything while still finding time for family, work, and real life. One of my favorite cultured foods to make however is kombucha.

This is in part because the price for kombucha has risen to an incredible \$4.19 per bottle at my local grocery store. That seems rather steep for a 16 ounce bottle of fermented tea. Especially when you consider that all you need to make your own is a few simple ingredients (most of which you probably already have at home). In this book the recipe I give you has instructions to make one gallon of kombucha (don't worry, you can scale it down if needed). That's eight pints, or more than \$32.00 at grocery store prices. The at home price to make kombucha? Less than \$1.00. At that price it's definitely worth it to make your own.

The best thing about kombucha is how healthy it is for you. I started drinking kombucha years ago while dealing with significant health challenges. As I learned more about the power of real foods to help support the microbiome, I began to add more fermented foods to my diet, including kombucha. Eventually I learned how easy it was to make my own and began to not only make kombucha, but also to share with others about this tasty and healthy beverage.

One of the best things about making your own kombucha is that you can share. Either the kombucha itself, or the scoby (you'll learn what that is in just a few pages) and the instructions to DIY kombucha. Just one of the many scoby-sharing stories I have involves a friend who was visiting from out of state. She had been struggling with a lot of gut health issues. For years.

While she was visiting we talked about fermented foods. Fortunately I was at a point in my brewing process where needed to brew a new batch. I showed her the process; she was amazed at how easy it was. She also got to eat a number of fermented foods while she was at my house. I sent her home with a baby scoby and she's been adding fermented foods to her diet ever since. She says that her stomach has not bothered her once since she started adding fermented foods. Yay for live food!

I'm excited to share with you how easy it is to make kombucha. I'll also share a number of easy recipes that take advantage of the gut-health benefits of this delicious beverage. Welcome to the world of kombucha!



WHAT IS KOMBUCHA

Kombucha is a fermented tea beverage made with a SCOBY (Symbiotic Colony Of Bacteria and Yeast) which resembles a pale, lumpy pancake in appearance and is sometimes referred to as a "mushroom" or a "mother" (similar to the mother used in making vinegar). The bacteria is often Acetobacteria while the yeasts can vary and may include one or more of the following: *S. cerevisia*, *B. bruxellensis*, *T. delbrueckii*, and *Z. bailii*.

A newly formed SCOBY is light in color and will darken with age. Each time kombucha is brewed a new SCOBY will be formed during the fermentation process.



HEALTH BENEFITS

Believed to have originated in Asia over 2,000 years ago, kombucha is reputed to have many health benefits. Some people use it as a detoxifying beverage and according to Asian medicine, it is thought to be supportive of the spleen and the stomach.

As a highly probiotic, alkaline beverage many feel that it is supportive for alleviating the following health conditions (and others)*:

- Improving digestion
- Alleviating constipation
- Reducing migraines
- Reducing blood pressure
- Lowering blood sugar

When drinking kombucha it is beneficial to start with a small amount, 2-3 ounces, per day and slowly increase the amount to as much as eight ounces per day. Too much kombucha taken too quickly may have an effect on the digestive tract, potentially causing headaches, diarrhea, or other digestive upset. As with any consumable product, some people may have an allergic reaction or sensitivity to it. If you are going to drink kombucha, start slowly and make sure that it agrees with your system.

Note: There is some anecdotal evidence that kombucha may not be well tolerated by those with Ulcerative Colitis who take the prescription drug Remicade.



WHY BREW KOMBUCHA

Many celebrities like Meg Ryan, Halle Berry, and Kirsten Dunst have discovered the health benefits of kombucha tea. They have started drinking it and they've even been photographed with their bottles of kombucha. This trend is helping to make this delicious and tasty beverage go mainstream. If you're reading this ebook it is possible either that you've read about kombucha in the magazines or you may have actually gone to the store and bought some.

While kombucha (especially flavored kombucha) is easily available at many grocery stores and health food stores, it comes at a cost. A 16-ounce bottle can sell for approximately \$3.50 per bottle. The cost of the teabags, sugar and water is considerably less. Once you've gotten your gallon jar to brew in and your scoby, your costs will be minimal. Additionally, if you are brewing at home you will not be limited to those flavors available at the store.

Before you begin to make your own kombucha tea be sure to read this ebook all the way through. This will ensure that you understand the entire process. It will also help you to be prepared by making sure you have all of the necessary items on hand and ready to use.



BREWING KOMBUCHA

The tea base for kombucha takes only a few minutes to prepare, however the tea will need to ferment for seven to ten days before it is ready to be consumed. In order for the teas to ferment properly it is best to leave it in a dark, dry, warm spot where it can be undisturbed. A dark corner in a kitchen, a cabinet above the refrigerator, or even a dark corner of the pantry are all good locations. The important thing is that the culture will not be moved or disturbed while it is brewing and that it not get too cold.

As the tea base with the scoby in it sits, it will begin to use up the sugars in the beverage, converting them to beneficial probiotics. These probiotic colonies are living micro-organisms, beneficial bacteria, which are supportive of, and necessary to, good digestive function.

By maintaining good levels of a variety of probiotic colonies in the gut we support good digestion, strengthen the intestinal environment against negative bacteria and toxins, and assist in proper elimination. As tea ferments (this is from the scoby using the sugars and converting them to the kombucha beverage) it will begin to bubble and a new scoby will form on top of the liquid

Sometimes this new culture will be firmly attached to the original culture, sometimes it will form on its own. The two scobys, if needed, can be gently pried apart. The new, baby scoby will be paler than the original.

The warmer the setting the faster the tea may ferment. Many people find that they prefer a kombucha beverage which has fermented for approximately 7-10 days. It is possible to ferment for 30 days however the longer the tea ferments the more acetic (tangy or sharp) the beverage will be. Beyond 30 days it is difficult to drink although this beverage can then be used for your scoby storage (see section below). The longer the scoby sits in the tea the darker and thicker it will become.

How To Make Kombucha



Kombucha is simple to make and requires very few ingredients. One very important issue when brewing, however, is that of sterilization of your containers. It is imperative that your containers be as clean and sterile as possible to provide the best environment for your scoby and to prevent contamination or mold. Do not use bleach or soap on your containers as these substances can kill your scoby.

The best and easiest way to sterilize your container(s) is to rinse well with white vinegar. Then wash it or submerge it in boiling water (a large stockpot works well for this) for 10 minutes. If you are using the submersion technique you will need a jar lifter to remove the jar(s) from the boiling water.

Once the jar or bottle has been boiled it can be placed upside-down on a clean cotton cloth to dry and to cool. By covering the jar opening you help to keep it sterilized. Before using the jar, it is best to wait until it reaches room temperature before using it as extreme heat may damage or kill your scoby. While it is cooling you can begin your brewing process and prepare the tea which will also need to cool.

Ingredients



- A clean pot for boiling water
- A sterilized glass jar
- A coffee filter big enough to cover the opening of your jar
- A scoby

Gallon Measurements

- 8 teabags black, white, green or roiboos
- 14 cups water
- 3/4 cup evaporated cane juice crystals
- 1/2 cup distilled vinegar or 1/2 cup kombucha from the last batch

Quart Measurements

- 2 tea bags
- 1/4 cup evaporated cane juice
- 3 cups water
- 1/2 cup vinegar or kombucha

The recipe above calls for evaporated cane juice crystals, a lower processed form of sugar. It can be found at large grocery stores or specialty grocers such as Whole Foods and Trader Joes. If you cannot find evaporated cane juice crystals in your area you can purchase it online or substitute regular white sugar. Do not use sucanat (SUGar CAne NATural), a very low process sugar, as the high mineral content will not work well when fermenting the kombucha.

It is also recommended that you use distilled white vinegar in order to get the correct acidity when inoculating your first batch. If you have kombucha to use as an inoculant you do not need the vinegar. For teas it is best not to use those with citrus (such as Earl Grey) as that can also interfere with the fermentation process.

Brewing Instructions



1. Bring water to boil
2. Add sugar, stirring until dissolved, then add tea bags
3. Steep for 10-15 minutes, then remove tea bags
4. Allow tea mixture to cool until room temperature
5. Pour mixture into a glass jar (do not use metal or plastic to avoid contamination)
6. Add the culture and the vinegar or kombucha from the last batch
7. Place the coffee filter over the top of the gallon glass jar and secure it with a rubber band
8. Place in a dark undisturbed place for seven to ten days
9. After fermentation is complete two cultures will appear in the mixture.
10. Filter Kombucha to remove particles these particles are not harmful but some people do not like drinking their kombucha with goopy consistency particles in it.
11. You will also get a less cloudy looking beverage if you filter it.
12. Set aside scobys with some brewed kombucha for the next batch or to start your Stockpile. (see below for more information)
13. Refrigerate and enjoy! Or take it one step further and explore the wonderful opportunities of fizzy flavored Kombucha.



FLAVORING YOUR KOMBUCHA

You can flavor your Kombucha after the fermentation is complete. Flavoring is done afterward so the items being used do not come into direct contact with the scoby; this can help prevent the possibility of contamination.

Juices, fresh fruit, or flavorings can help mellow the tanginess of the tea as well as adding a refreshing element. When it comes to flavors you are limited only by your imagination.

What's your favorite fruit? Do you like ginger or citrus flavors? Does ginger peach sound good? What about strawberry lemon, or blueberry pomegranate? You can make it your way with Kombucha and your favorite fruit or fruit combination.

When flavoring kombucha you will need several sterilized bottle with tight fitting caps. Re-used Snapple bottles are perfect for this as the opening is wide enough to get the fruit in and then backout while the seal can be made very tight.

If you want to go all out, amber flip-cap style bottles are the best choice for bottling your brew (these are often used for beer and other fermented beverages). If you are using the flip-cap style bottles you will be limited using juice for your flavorings as otherwise it would be difficult to get the flavoring items out of the bottle.

If you brew a gallon of kombucha at a time you will have nearly a gallon of kombucha when you are done. Assuming that you already have a SCOBY stockpile going (see below for more information on stockpiling) you will need to reserve approximately 1/2 cup for the next batch or 2-3 cups if you want to interrupt your brewing process (see below for vacations). The rest you can use to bottle and flavor.

You can bottle either by using a collection of smaller bottles allowing you to flavor each bottle differently. Or you can use a separate gallon jar and flavor the entire batch all the same. The important thing to remember is that no matter what container you are using for flavoring, you must have a tight-fitting lid.

How To Flavor Kombucha



1. Bottle the kombucha tea (without the culture) leaving room for the flavorings and approximately 1-inch headspace in the jar
2. Add flavorings to the jar - 1/4 cup fresh fruit or juice. Lemon and ginger are powerful flavorings use sparingly until you learn how much you prefer
3. If you are using different size bottles add enough fruit to cover 1/4 of the bottle, then add your tea to almost the top, leaving a one-inch headspace
4. If you want a fizzier beverage, cap the jar tightly and let the tea and the flavorings steep on the counter for a day or two before straining, rebottling, and refrigerating.



CARING FOR YOUR KOMBUCHA CULTURE

Once you have a scoby of your own it is easy to maintain for continuous brewing. The brewing process happens almost by itself. However, by practicing proper sterilization procedures and keeping it in a dark, warm place you can properly support the kombucha culture and should be able to brew regularly. Here are a few tips to help ensure that you always have a healthy scoby.

Stockpile



Because a new culture will form each time you brew your kombucha tea you may want to start a stockpile in a separate jar in case something happens to your scoby. Occasionally it is possible that a culture may accidentally be contaminated. If contamination happens the culture can potentially develop mold. If you see mold on your scoby it is imperative that you throw out the scoby and the entire brew that it is in. **IT IS NOT SALVAGEABLE**, not drinkable and may make you sick - when in doubt throw it out!

You can have one jar for several scobys as long as the jar remains relatively undisturbed and warm. Having a stockpile with two or three scobys means you will never be without one. The stockpile is "good" for up to 90 days and does not need sugared tea added to it unless the liquid starts to evaporate (in which case you can top it off). If you do not add new sugared tea to the stockpile, it will not form a new scoby and the ones that are in it will thicken and continue to ferment the stockpile liquid. If you find you have too many scobys, something that is bound to happen since the culture will form a new one with each brew, you can also "share the wealth" and give cultures to friends and family so they can also enjoy the health benefits of kombucha.

When you give out scobys be sure to gift it with at least 1/2 to 1 cup of finished kombucha tea so your friends and family can easily start their own brew. It goes without saying that it is also to give them the brewing directions.

Going On Vacation



Occasionally you may want to stop brewing for a while. You may not be drinking your kombucha fast enough to require brewing a new batch every 10 days. This is a common issue when people first brewing and are only drinking 2-3 ounces per day. Or perhaps you want to go on vacation. Whatever your reason for needing to take a break, it is possible to put your brewing on hold.

Even if you already have a stockpile the easiest thing to do is to start another one by leaving your current scoby in 2-3 cups of finished kombucha to sit until you can get back to it (up to 90 days). This provides a fresh environment and allows you to know exactly how long the liquid has been fermenting.

DO NOT REFRIGERATE your scoby. The cold can cause the scoby to change. Sometimes it does not fully "wake up" when brought back to room temperature and will not properly ferment the sugared tea into kombucha. If it does not properly ferment you will see mold growing on the top of the scoby. Even if you do not see mold, there may not be a sufficient level of probiotic activity to make a healthy kombucha beverage.



OTHER USES FOR KOMBUCHA

Kombucha is wonderful to drink, tasty and refreshing. But there are other ways to use it in your diet as well, giving you variety and providing healthy probiotic support at the same time. The following ideas are just a few of the ways that you can incorporate kombucha tea into your nutritional plan.

Spritzer



Use kombucha to make a refreshing drink

Ingredients

- 1/2 cup kombucha (flavored is great)
- 1/2 cup fruit juice
- 1/2 cup seltzer water

Instructions

1. Serve over ice and garnish with a few slices of fresh fruit

Vinaigrette



Replace all or half of the vinegar in your favorite vinaigrette recipe with kombucha. One delicious recipe is:

Ingredients

- 3/4 cup extra virgin olive oil
- 1/4 cup peach kombucha
- 2 tablespoons chopped parsley sea salt and pepper to taste

Pancakes



Use kombucha instead of milk or water in your favorite recipe for fluffy pancakes

Baking



Use to replace up to 1 cup of liquid in your bread recipes. Add the kombucha to the grains and let soak at least 2 hours and as long as 12 hours before combining into the recipe and baking.

Smoothies



Use 1/4 - 1/2 cup of kombucha to replace the liquid you would normally put into your smoothie

Marinade



Use kombucha in place of vinegar in your marinade recipe. One of my favorites is:

Ingredients

- 1/2 cup olive oil
- 1/3 cup kombucha
- 1/3 cup tamari sauce
- 2 cloves garlic minced
- 2 tablespoons minced parsley
- 1 tablespoon minced basil
- sea salt and fresh ground pepper to taste

Instructions

1. Blend together until fully incorporated
2. Use to marinate beef or chicken for 6-8 hours before cooking.

Mustard Vinaigrette



Ingredients

- 3 tablespoons kombucha
- 1/2 cup minced onion (I prefer vidalia's for this)
- 1 heaping teaspoon dijon mustard
- 3/4 cup olive oil
- 1 clove garlic, minced
- generous pinch sea salt
- black pepper to taste

Instructions

1. Mix all ingredients together and whisk well to emulsify
2. Let sit 10-15 minutes on the counter before using

Barbecue Sauce #1



Ingredients

- 1 cup ketchup
- 3 tablespoons coconut sugar
- 2 tablespoons kombucha
- 1 heaping teaspoon paprika
- 1/2 teaspoon onion powder
- 1/4 teaspoon dry mustard

Instructions

1. Mix all ingredients together and whisk well to emulsify
2. Let sit 10-15 minutes on the counter before using

Overnight Oats



Adding the kombucha helps to break down the complex carbohydrates and the phytic acid so that you're better able to fully digest the oatmeal
This recipe scales up very well

Ingredients

- 1/2 cup rolled oats
- 1 tablespoon kombucha
- 1/2 cup water

Instructions

1. Mix ingredients together in a jar combining fully
2. Cover top with cheesecloth or a loose-weave tea towel
3. Let sit overnight
4. In the morning bring 1/2 cup water to a boil
5. Turn off the heat
6. Add overnight mixture and any add-ins (I like chopped apples and nuts)
7. Stir well to combine
8. If needed you can add a little almond milk to thin out the consistency and add a touch of creaminess
9. Add flavorings if desired (cinnamon, cardamom, nutmeg, cloves, etc)



GETTING A SCOBY

After reading all of this you are probably wondering where you can get a scoby of your very own. You can brew your own using the recipe starting on page 6 and culturing it by adding two bottles of regular, plain store-bought kombucha. Keep in mind that if the bottled kombucha has been heat-treated or pasteurized it will not ferment and form a scoby. Additionally, commercially flavored kombucha will not ferment (this is why you flavor your kombucha after you have finished brewing it). Cover the jar with an unbleached coffee filter or cheesecloth and place it in a dark, warm place for 4 weeks. A scoby should form on the top of the liquid in the jar, it will be a thin, “baby” scoby. Once you have that you can pour off half of the liquid in the jar (it will be very strong and probably best only for substituting for vinegar) and begin to brew your first batch of drinkable kombucha.

Another method is to get a scoby is to find a friend who is brewing their own kombucha. Because a new scoby will form each time you brew kombucha, your friend will eventually have baby scobys that they need to give away. If all else fails, you can't start one from commercial kombucha, and you can't find someone who can give you one, you can purchase a scoby from Cultures For Health.

However you get started in brewing kombucha, you may, like many other people, find that you enjoy drinking it on a daily basis. With different ways to flavor and use kombucha, it can be easy and delicious to add this probiotic, fermented beverage to your nutritional plan.

ABOUT THE AUTHOR



Mira Dessy is The Ingredient Guru. A holistic nutrition professional, author, and a popular public speaker, she knows that it's not just what you eat, but what's in what you eat. Dessy is a Board Certified Holistic Health Practitioner whose mission is to educate and empower consumers.

She is a member of the National Association of Nutrition Professionals, the Society for Nutrition Education and Behavior, and the American Association of Drugless Practitioners. She is the Chief Health Officer of 3rd Rock Essentials, is on the Board of Directors for the American Holistic Health Association, is a member of the Professional Advisory Board for the Turner Syndrome Society of the United States, and is a founding member of the Holistic Business and Wellness Alliance.

She can be found online at www.theingredientguru.com

More books by this author:

- [The Pantry Principle: How to Read the Label and Understand What's Really in Your Food](#)
- [Beyond Meditation: Making Mindfulness Accessible for Everyone](#)
- [Gratitude: A Mindful Pause](#)
- [How to Make Kombucha Tea: Everything You Need to Know to Brew & Use Fermented Tea](#)
- [Is Plastic Making You Fat and Anxious?](#)

Don't forget to follow Mira on her [author page](#) to be updated when new books are released.

Connect with the author:



[Sign up](#) for the newsletter and get Food News You Can Use

DISCLAIMER

The opinions expressed in this ebook are solely those of the author. With regard to recipes, the author cannot guarantee exact conditions will be met with individual kitchen operating conditions. Author assumes no obligation or liability and makes no warranties with respect to recipes contained herein.

The information in this ebook has not been evaluated by the FDA or any other governmental body and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this communication is for educational purposes only.