



## Basic Kombucha Recipe

Yield: approx. 1 gallon

### Equipment Required:

Stove  
Large pot  
Measuring cups  
2-gallon glass jar  
Cloth or small towel  
Rubber band

### Ingredients Needed:

3 quarts filtered water  
1 cup organic cane sugar  
4 bags of organic black or organic green tea  
(or combination)  
1 SCOBY (solid culture)  
1/2 cup kombucha starter (liquid culture)

### Brewing Instructions:

Boil water in large covered pot. Add sugar and simmer for 10 minutes. Turn off heat. Stir liquid until sugar is dissolved. Add tea bags and steep for 10 minutes. Remove tea bags. Allow liquid to cool to room temperature.

### Fermenting Instructions:

Pour the cooled tea into the glass jar. Add SCOBY and kombucha starter. Cover jar with a cloth or small towel and secure with rubber band to prevent contamination from insects or debris. Keep jar in a dark place at room temperature (70-80 degrees) for 7 days or longer. Keep jar away from natural/artificial light and appliances. All positions of the SCOBY (float, sink, flip, etc.) are normal. A new, smaller, and thinner SCOBY should be visible on top of the kombucha after approximately 7 days. Once visible, sample the kombucha every few days to test the level of sweetness/tartness. If the kombucha still tastes like sweet tea, let fermentation continue. The longer the fermentation, the less sweet and more tart it will taste. Fermentation can continue for 30 days or longer.

### Storing Instructions:

When the kombucha achieves your desired flavor, transfer it to bottles, pitchers, or smaller jars. Store kombucha in glass or stainless steel containers only, chill/store in fridge, then enjoy! Place the original and/or the new SCOBY and kombucha starter in glass containers. Store at room temperature or in fridge or repeat steps above for additional batches.

### 2-Stage/3-Stage Fermenting Instructions:

Contact Counter Culture ([buster@drinkliveculture.com](mailto:buster@drinkliveculture.com)) for tips/tricks when flavoring kombucha and/or bottle conditioning, or consult the following online brewing guide:

Kombucha: The Balancing Act (By Len Porzio)

[http://users.bestweb.net/~om/kombucha\\_balance/](http://users.bestweb.net/~om/kombucha_balance/)

