

How to Make and Manage your own KOMBUCHA

You will need

1. Tea
2. Sugar (organic is good as higher mineral content)
3. Water
4. Old Starter tea to acidify the brew

Vessel (L)	Water (ml)	Tea (g)/Bags	Starter Tea (ml)	Sugar (g)	SCOBY (g)
1.8	1.2	5 -10 g/1-2	120	66	75
2.5	2.1	10-20g/2-4	210	115	105
5	4	20-40g/4-8	400	220	210
8	7	35-70g/7-14	700	385	350
Formula (% based on water content)		0.5-1%	10%	5.5%	5%

Don't worry about how much SCOBY you have – as long as you have even a couple of inches and some starter tea it will be able to get going.

You do not need to be Exactly precise with these numbers.

- Make your tea in a small volume of boiled water and add the sugar. Stir to dissolve and brew for recommended time. If using a type of tea for the first time, start with fewer grammes, taste, and if it doesn't taste strong enough add a little more. It's far easier to add flavour than take it out. Also hard to judge as it entirely depends on the type of tea!
- Add the sugar and stir to dissolve it. **Make sure you find a favourite measuring scoop or spoon, so you don't have to weigh the sugar out again.**
- Make up to required volume with cold water and finger test to check it's not over about 35 degrees
- Add to vessel with STARTER TEA
- Add SCOBY.
- Cover
- Leave undisturbed for 5-7 days.

After 5 -7 days

Batch Culture

Gently insert a spoon down beside the newly developing scoby and taste. If it tastes still too sweet, leave for another 2-3 days and try again.

When it's done, remove the scoby and 120 mls to be the starter tea for your next batch. Now you have several choices

1. Drink straight away (it may or may not be fizzy depending on whether the scoby sealed the jar).
2. Bottle without flavouring
3. Bottle with flavouring – add ginger, citrus peel, hibiscus straight to the bottle, but if adding soft fruits, leave to infuse for a couple of days before bottling and then strain (or the fruit goes all squishy).
4. Infuse with flavoured tea bags for about ½ an hour before bottling for a quick and easy way to introduce flavour.
5. To improve carbonation upon bottling add a pinch of table sugar.

Leave bottles for three days to "second ferment" before refrigerating.

Continuous Culture

Turn on the tap and try a little. If it tastes good it's ready to go! If not leave and check daily. Draw off up to a litre, a litre and a half a day and replace with a fresh litre of sugared tea as necessary. Or a cup for a cup, whatever works for you. To flavour, either mix with anything, or bottle up as above.

As soon as you've more than one SCOBY, or your SCOBY is very fat, peel of a bit and put it in a jar with a lid and some kombucha this is now your SCOBY hotel and it will probably live forever!

Drinking Kombucha

It's a potent brew of organic acids and complex metabolites. Drink in moderation – about 250 ml a day. Contains a tiny amount of alcohol.

Bottling Kombucha

Always use good quality brewing bottles. Use a plastic guide bottle to help you judge when they're full of carbon dioxide.

What not to do

Never refrigerate your SCOBY

Never use a mouldy SCOBY

Never drink large quantities of kombucha that has become vinegar – use it for cooking.

What tea to use.

Green, Black, White, Oolong, Pu-er tea are all perfect. Use Rooibos and Hibiscus mixed with a little green or white tea to keep your SCOBY happy. Use decaffeinated tea if you like but keep a spare SCOBY in caffeinated tea. Same goes for Earl Grey – just in case the bergamot oil upsets it.

How to Make Apple Cider Vinegar

You will need:

Apple cores and skins: any variety, mixed or single type, about 8 apple's worth (but depends on apples!)

A 1.8L kilner jar (large)

Sugar

Water.

- Put the peels and cores into the jar so that they are packed but not too tightly.
- Add 5% sugar solution to cover.

To make 5% sugar solution : for 1 litre put 50g sugar in a litre of water

Stir to dissolve.

If this doesn't cover the apples, make some more sugar water (5% solution)

For 100mls add 5g sugar

For 200mls add 10g sugar

For 300 mls add 15g sugar

For 400 mls add 20g sugar

For 500 mls put 25g sugar.

- Cover with kitchen towel or cloth cap and rubber band
- Vigorously stir daily for about two weeks
- Strain out apples and replace in jar

You now have 3 choices:

1. Leave exactly as is, covered with cap and within about 6-8 weeks natural acetic acid bacteria in the air should have started to make vinegar
2. Add a dash or raw apple cider with mother (the swirly bit at bottom of bottle)
3. Add a bit of a kombucha SCOBY.

For 2&3 After about a month, taste and you should have your very own raw apple cider vinegar, option 1 may take longer.

- When it's done, strain and refrigerate.

If you give anyone a SCOBY remember the starter tea! It's essential to lower the pH to keep mould at bay, and also contains microbes to get a new batch a-brewing!

Don't expect absolute miracles first batch. Your SCOBY MAY take time to get used to its new home. It might take a batch or two.