

IMBIBE

HOW TO MAKE KOMBUCHA





CONGRATULATIONS ON STARTING YOUR JOURNEY TO FFERMENTING KOMBUCHA!

I believe that enjoying an extraordinary life starts with enjoying extraordinary health and I'd love to share my secrets with you.

Probiotic fermented drinks have transformed my life and it's my passion to share fun and simple ways to create your own probiotic drinks that nourish you everyday.

I can't wait to help you change your world, one probiotic drink at a time!

Love,
Felicity



MADE IN MASSACHUSETTS
Nantucket

GLASSWARE CO.
2 GALLONS
EST. 1916

BASIC KOMBUCHA

Essentially, kombucha is a fermented tea. During the fermentation process, the living cultures consume the sugars, leaving you with a low sugar, sparkly drink. It's a little acidic tasting, slightly on the vinegary side.

YOU WILL NEED

1 x 1 litre glass jar for fermenting kombucha

1 x strainer

1 x clean chux or muslin cloth with elastic band

1 x 1 litre bottle with tight fitting lid for bottling kombucha

INGREDIENTS

1 bag of Imbibe Living Kombucha Scoby

1/4 cup sugar of your choice

4 tsp loose black tea/green tea (or tea bags)

1 litre filtered water

Flavouring ingredients for the secondary fermentation (optional)

METHOD

Bring 250ml water to a simmer and make a pot of tea with it. Strain the tea into the jar and add the sugar. Stir to dissolve. Fill up to $\frac{3}{4}$ with room temp filtered water. When the liquid is cool add the Kombucha SCOBY and starter liquid. Secure the clean cloth over the opening of the jar.

After around 5 days in hot weather and 14-30 days in cooler weather, taste. If it's too sweet for your liking, leave to ferment longer. You'll know when it's ready when it's slightly acidic tasting, not too sweet and a little sour.

BOTTLING

When you are ready to bottle, remove the SCOBY and place to one side. If you are ready to start fermenting again, repeat the steps from the beginning. If not, place the SCOBY in your fridge with sugary tea solution to rest until you are ready to begin again. Keep around 1/4 cup of the ready-made kombucha for your next fermentation. Pour the kombucha liquid into your chosen bottle.

SECONDARY FERMENTATION

Add your flavouring to the bottle with the kombucha liquid, and leave on the bench to build carbonation for a further 2-7 days, temperature dependent - but remember to open and close the lid of the bottle to release excess carbonation and avoid an explosion. When it's as fizzy as you like it, place in the fridge and enjoy cold.

REST YOUR SCOBY

If you need to stop making kombucha for a while, make up a strong sugar and tea solution and rest the SCOBY in the fridge. Make a pot of tea using 1 litre boiling water and $\frac{1}{4}$ cup tea leaves. Dissolve the sugar in the hot tea liquid. When cool, place in a 1.5 litre container with a loose fitting lid and store in the fridge. It should be fine like this for up to 10 weeks. When you are ready to start fermenting kombucha again, discard this tea liquid and start again, following the recipe guidelines.

[Click here to watch the video tutorial.](#)



TROUBLESHOOTING

1. My kombucha tastes too sweet!

It tastes sweet because the fermentation has not quite yet finished. Wait for another few days and try and move it to a warmer spot if you can. It will eventually turn from sweet tea to sour tonic, so just be patient and wait for all the fermentation to happen in its own time. It could take up to 30 days to ferment until it's a sour-ish tonic.

2. My kombucha tastes too sour!

This has happened because the fermentation has gone a little too long and has turned into a slightly more vinegary product – still fine to drink, but it may not be that pleasant.... You can use this as a hair rinse for a lovely shine or in place of vinegar over your salads. Try it, it's delicious!

3. My kombucha SCOBY has mould on it, what should I do?

If the mould is only on the top layer of your SCOBY you can try and peel off that layer and throw it out and use the parts of the SCOBY that are not affected. However, my mantra with fermenting is "if in doubt, throw it out!". The reason that mould appears is that the SCOBY has not been submerged sufficiently in the sugar water, so opportunistic mould can take over. If you are having mould issues, try and keep the SCOBY under the sugar water, and always use clean hands and utensils.

4. My kombucha SCOBY is so thick, what should I do?

Great! You have grown a kombucha SCOBY family! You can start to gently peel off the layers and keep them as back ups, feed them to your chickens, add them to your compost or give them to eager friends.

Alternatively, start to increase the proportions of sugar tea water as your SCOBY grows so that you are fermenting bigger quantities (I have a 4 litre kombucha on the go at all times).

5. After I have bottled my kombucha and left it on the bench, it's still not fizzy, what should I do?

It probably is because there is not enough residual sugar in the finished kombucha, so there is not enough sugar food for the active probiotics to convert into fizz. Try adding a little fruit juice or whole fruit or a teaspoon of dissolved sugar and leave it for another week or so at room temperature and it should fizz up. If it still doesn't, throw it out and try the fermentation again.

6. Can I use honey to make kombucha?

Some people have had success fermenting kombucha with honey but it's not common practise. I recommend only doing this once you have a back up of kombucha SCOBIES in case one fails. Using honey in the secondary fermentation is fine as it does not come in contact with the SCOBY.

7. My kombucha smells a bit off, I'm not sure I should drink it.

If in doubt throw it out. It should smell vinegary and a little acidic. Anything too yeasty could be off. Use your gut.

TROUBLESHOOTING

8. My SCOBY seems to be dying, what should I do?

Put it in a strong sugar tea solution and rest it for around 10 days, don't move it, and see if it comes back to life. Kombucha is a living culture, so occasionally but unusually this can happen. If you feel it's not fermenting properly, best to secure a new culture.

9. My SCOBY is not growing a new baby, is something wrong?

Nothing is wrong – it can take some time for a new baby SCOBY to develop, so be patient. So long as it is fermenting the sugar tea solution, there is nothing to worry about.

10. Can I use herbal teas in kombucha brewing?

You can, however the oils in some herbal teas can interfere with the living bacteria and yeasts that make up your SCOBY. I recommend only using a plain herbal tea blend once you have some reliable back ups of kombucha SCOBIES, in case your SCOBY doesn't like the herbal tea. Personally, if I am doing a herbal kombucha, I will always use a blend, or just add the herbal in the secondary fermentation.



GREEN TEA KOMBUCHA WITH POMEGRANATE

YOU WILL NEED

1 x fermentation jar
1 x 1 litre bottle
1 x funnel and sieve
Muslin and elastic band

INGREDIENTS

1 bag of Imbibe Living Kombucha Scoby
1/4 cup raw sugar
4 tsp green tea
1 cup pomegranate juice, or pomegranate arils
Boiling water

METHOD

1. Make kombucha following basic recipe guidelines but save the pomegranate for the secondary fermentation.
2. Allow to ferment for 4-14 days, until it's sour.
3. Remove the SCOBY and save 125ml kombucha liquid as the starter culture.
4. Place the SCOBY and starter culture in a separate container to reuse or store.
5. Pour the kombucha into your bottle.
6. Add the pomegranate to the bottle. Screw the lid on tight.
7. Allow to sit at room temperature until it's nice and fizzy.
8. Refrigerate and enjoy cold.



OO LONG KOMBUCHA WITH SEXY PASSIONFRUIT

YOU WILL NEED

1 x fermentation jar
1 x 1 litre bottle
1 x funnel and sieve
Muslin and elastic band

INGREDIENTS

1 bag of Imbibe Living Kombucha Scoby
1/4 cup raw sugar
4 tsp oolong tea
1 cup passionfruit juice or pulp of 2 passion-
fruits
Boiling water

METHOD

1. Make kombucha following basic recipe guidelines but save the passionfruit for the secondary fermentation.
2. Allow to ferment for 4-14 days, until it's sour.
3. Remove the SCOBY and save 125ml kombucha liquid as the starter culture and and place the SCOBY and starter culture in a separate container.
4. Pour the kombucha into your bottle.
5. Add the passionfruit to the bottle. Screw the lid on tight.
6. Allow to sit at room temperature until it's nice and fizzy.
7. Refrigerate and enjoy cold.

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