

Known in China for over 2000 years, **Kombucha** has gained worldwide popularity in recent years. The Japanese name evokes a seaweed (kombu) tea (cha), although the reference to seaweed is inappropriate. It is a sweet *Camelia sinensis* tea fermented with an aerobic culture of bacteriae and yeasts. Fermentation for ten days gives a nutrient-rich drink containing acetic, gluconic, lactic, malic, usnic acids, Vitamins B and C.

Recipes are numerous, but production of kombucha is easy. Here's how.

## 1<sup>st</sup> fermentation ingredients (F1):

- One Kombucha « mother » or SCOBY (symbiotic culture of bacteria and yeast)
- Liquid « starter » that comes with the « mother » in a proportion of 5-10% of kombucha brew
- Tea (*Camelia sinensis*), avoid aromatic teas inhibiting fermentation (5 g/L d'eau)
- Sugar 80 g/L tea

## 2<sup>nd</sup> fermentation ingredients(F2):

- F1 kombucha
- Flavour : Herbs ginger, turmeric, fresh, dried or frozen fruits in pieces or juice in a proportion less then 20% of the total liquid from the 1<sup>e</sup> fermentation.

### F1

1. Infuse tea (*Camelia sinensis*) to the desired concentration. Add sugar, stir and cool somewhat
2. Pour in a glass or ceramic jar, so it is partially filled (avoid metal or plastic). Add the kombucha mother and liquid « starter » to acidify. Cover jar opening with a cloth to keep insects away
3. Let stand for 4-7 days at 24-30°C
4. If moulds appear on the surface, discard everything and start anew. Do not confuse with new kombucha mother forming on the surface or tea residue
5. Remove the mother and set aside in 200 ml of the F1. Refrigerate or start over

### F2

6. In the same jar, add flavour to the F1. Let stand for 2-3 days
7. Filter if needed and pour the kombucha (F2) in a swing top [bottle](#)
8. To gasify, extend the fermentation in closed bottle for a few days (WARNING: avoid excessive pressure and bursting by gradually opening the bottle cap). Ginger in 2nd fermentation promotes effervescence
9. Refrigerate and drink when ready