



Equipment for Making Kombucha Tea

Making Kombucha tea at home is simple, tastes great and requires only a few pieces of equipment.

You will need: Glass jar, plastic or stainless stirring utensil, nylon mesh cloth, and something to secure the cover to the jar (rubber band). All equipment must be clean and even can be sanitized.

Ingredients for Making Kombucha

Unfluoridated, Unchlorinated Water, White Sugar, Tea Bags or Loose Tea, Starter Tea or Distilled White Vinegar, Active Kombucha SCOBY. The vinegar or previous scoby tea batch is used to create an acid environment for the fermentation. This prevents unwanted contamination.

Kombucha Recipe

One-Quart Batch:

1½ teaspoon loose tea OR 2 tea bags
¼ cup sugar
2-3 cups water
½ cup starter tea or vinegar

Half-Gallon Batch:

1 tablespoon loose tea OR 4 tea bags
½ cup sugar
6-7 cups water
1 cup starter tea or vinegar

Gallon Batch:

2 tablespoons loose tea OR 8 tea bags
1 cup sugar
13-14 cups water
2 cups starter tea or vinegar

Instructions for Making Kombucha Tea

The water should be hot enough to steep the tea but does not need to be boiling. Combine hot water and sugar into clean glass jar. Stir until the sugar dissolves. Combine the tea or tea bags and sugar in hot water to dissolve the sugar and steep the tea.

Cool the mixture to room temperature(70-80 degrees F). The tea leaves may remain in the liquid 5-15 minutes. The longer the tea is left in the liquid, the stronger the tea will be.

Remove the tea bags or completely strain the loose tea leaves from the liquid.

Add the starter tea from a previous batch to the liquid. If you do not have a starter tea, distilled white vinegar may be substituted (see recipe above).

Add an active Kombucha SCOBY.

Cover the jar with a nylon mesh cloth and secure with a rubber band.

Allow the mixture to sit undisturbed at 68-85°F, out of direct sunlight, for 7-30 days, or to taste. The longer the kombucha ferments, the less sweet and more vinegary(sour) it will taste.

Pour Kombucha off the top of the jar for consuming. Retain the SCOBY and enough liquid from the bottom of the jar to use as starter tea for the next batch.

The finished kombucha can be flavored and bottled, if desired, or enjoyed plain.

Flavor and Bottle to Make Your Kombucha Carbonated

Once the kombucha has finished culturing, pour the liquid into a flip-top bottle and enjoy it plain or add flavoring. There is no limit to the flavoring possibilities. For a fizzy finished kombucha add a little(1-2 tsp) sugar (table sugar or fruit syrup), leave it a room temperature for a day or two then refridgerate.