



## How to make your own Kombucha Tea

*Kombucha tea is sparkling, slightly sour and refreshing. It has long been used by traditional cultures to improve digestion, boost immunity, eliminate kidney stones, reduce high blood pressure and create sustained and lasting energy.*

### Materials & Equipment

2-4 litres	Kombucha culture (bought from <a href="http://www.goodbrew.com.au">www.goodbrew.com.au</a> )
5 grams (2 tsp)	Water, boiled <sup>1</sup>
100 grams (½ cup)	Green or black tea <sup>2</sup>
	Raw sugar per litre of water
	Pot or saucepan (2-4L capacity)
	Sieve/fine strainer
	Glass or porcelain jar (2-4L capacity) <sup>3</sup> & rubber band that fit it's neck
	Linen/cotton fabric or cloth
	Bottles

### Welcome

*Congratulations.. you hold in your hand a living culture that has been to every great Australian festival (FRL, SLF, FestLaFrog, Rainbow Serpent, Eclipse, WideOpenSpaces...) thrived in the love from all and produced the best tasting kombucha in Australia.*

- 1. Ideally your first brew will be no more than a 2L brew. When the Kombucha culture has grown, larger quantities can be produced.*
- 2. The Good Brew Company recommends using green tea for Kombucha. Experimenting with other herbal teas is also an option.. avoid teas with large amounts of natural oils.. like eucalyptus.. . Tea bags may be used.*
- 3. Glass, porcelain, china or glazed earthenware container can be used. Glass is ideal. Metal containers of other types than stainless steel are unsatisfactory and should never be used because the acids formed may react with the metal. You could also use a high-grade synthetic material of the polylefine group, e.g. polyethylene (PE) or polypropylene. (Carboys for home brewing for example) Wine or cider is also kept in containers made of this food-grade material. You should definitely avoid containers made of polyvinylchloride (PVC) or polystyrene.*

### Preparation

1. Make tea by infusing 2 tsp of tea in pot of freshly boiled water for 15 minutes.
2. Strain tea leaves through sieve or remove the tea bags from the water.
3. Add sugar to infusion before it has cooled and stir to dissolve.
4. Allow sugared tea to cool to lukewarm (no higher than 35°C - the culture will die if it is placed in a hot solution).
5. Pour solution into jar.
6. Remove Kombucha culture from its vacuum pack and add it and its liquid to jar.
7. Cover the opening of jar with cloth affixed with rubber band to keep out fruit flies, dust, plant spores and other pollutants. The cloth must be porous enough to allow air to circulate so the culture can breathe, but not so porous that tiny fruit flies can get in to lay their eggs.

## Fermentation

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The Kombucha culture needs a warm and quiet place to ferment and should not be agitated much once it's been fed...

The ideal temperature for the tea, is between 23-29°C and should not fall below 15°C.

Light is not necessary as the culture may be damaged by exposure to bright sunlight. Half shade is ideal.

The fermentation should proceed for 8 - 12 days, depending on the temperature. The higher the ambient temperature, the faster the fermentation is.

On all later batches, always keep enough Kombucha liquid to add approximately 10% of the quantity to your new batch as a 'starter liquid'.

During the process of fermentation the sugar is broken down by the yeast and converted into carbon dioxide gas (CO<sup>2</sup>), various organic acids and other compounds. It is the combination of these processes which gives the Kombucha beverage its characteristic flavor.

The infusion is at first sweet but this sweetness disappears as the sugar is broken down. At the same time an acid flavor begins to develop as a result of the activities of the bacterium, so there is a transition from sweetness to sourness.

If a slightly sweeter drink is preferred, the fermentation has to be stopped early. For a dry or slightly acid flavor it has to be continued longer.

8. When the tea has attained the right acid degree (pH 2.7 – 3.2), depending on individual taste, carefully decant liquid into bottles, which should be filled to the brim and stoppered securely.
9. Prepare new batch of tea (Steps 1-4).
10. Every few batches you can remove the culture from jar with clean hands and rinse under running cold or lukewarm water... the baby scoby will always form on the top.. so to keep the process 'young & powerful' you can compost the parents (big, bottom scoby) and keep using the child. :)
11. Pour fresh tea into jar and add the culture. Remember to respect the right temperature of the tea.
12. Ideally, the drink should be allowed to mature for at least 5 days, after bottling.

## Kombucha Tea

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Sediment is normal and is due to the growth of yeasts that produce the gas that aerates the beverage and have some desirable positive effects when ingested.

The activity of the bacterium is stopped when the bottling excludes the air, however, the yeast continues to work and an effervescent drink is produced.

The Kombucha tea, will keep in bottles for months when kept in a cool place.

*Enjoy!*

*Have fun with this... if you have any questions or want some great teas to feed your 'booch' contact me.*

*big love. deano*

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