

BREWING KOMBUCHA – QUICK GUIDE

For detailed information about Kombucha go to:
www.aeronvale-allotments.org.uk/kombucha
Or read the print-out that's been given to you.



What you need

- ↪ A starter culture, known as a S.C.O.B.Y. [which is an acronym of **S**ymbiotic **C**ulture **O**f **B**acteria & **Y**east]
- ↪ A small amount of the previous brew that the SCOBY was used in.
- ↪ A 2 Litre kettle
- ↪ A brewing vessel (a medium sized Pyrex or glass mixing bowl is ideal).
- ↪ A large cupful of ordinary white granulated sugar (don't use brown sugar or molasses mixtures or even honey, it will kill the probiotic 'good' bacteria in your SCOBY – they won't work & can spoil your 'brew').
- ↪ 2 medium sized glass wine bottles – don't use plastic bottles.
- ↪ A 2 Litre jug or teapot (for brewing the tea)
- ↪ 6 – 8 green, white or ordinary black tea-bags (loose tea is fine, tea-bags are just more convenient). You can also use green tea-bags that are flavoured with e.g. citrus fruit, or even vanilla. DON'T use tea that has oils in it (bergamot for example) as the oils often have anti bacterial properties and will harm your SCOBY. From experience green tea is best because of it's high levels of anti toxicants.
- ↪ A fine strainer to clean up your brew (you often get bits of harmless but unsightly yeast deposits in the brew, especially if you allow the bottom layer of your SCOBY to get a bit old. It does not effect the taste or the potency of the brew).
- ↪ A funnel for pouring your brew into the bottles.
- ↪ Clean tea towels to cover your brew whilst it's in the brewing vessel.

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Method

1. Get everything ready.
2. Boil the water in the kettle. *Tip: if you have access to bottled or clean well water use that, mains water has chlorine added to it that has anti bacterial properties. If you use mains water it's best to leave it stand for a few hours before boiling it, but that's not a critical thing.*
3. Add the water to the tea-bags in your teapot or jug. Leave to steep for as long as you like.
4. Remove teabags after they have steeped sufficiently and add the sugar. Stir until it is all dissolved.
5. Leave the fluid to cool down past body temperature.
6. Add the sweetened tea mixture to your brewing vessel & add the small amount of spare brew from your last batch (or the fluid your SCOBY came in).
7. Carefully lift the SCOBY *Tip: a wooden spatula is handy for this job.* Float it on top of your fluid. If it sinks a little don't worry, some float some don't float so well (no one knows why!).
8. Cover the brewing vessel with a clean tea towel. Place a rubber band around the edge to protect your kombucha brew against air borne contamination.
9. Place in a warm temperature NOT inside a fridge. Normal room temperature is fine. I personally find that on top of the fridge freezer is a good place as it's constantly warm there. Some use an airing cupboard. It's not critical.
10. Final Tip: keep everything meticulously clean & NEVER use bleach to clean your utensils, as any trace of bleach could kill your SCOBY. Washing up liquid followed with a hot rinse is fine.

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After Brewing

-  Your kombucha brew should be ready to use after about seven days – depending on the rate of brewing which is dependent on the temperature the brew was made in. Warmer temperature = quicker brew. Colder temperature = slower brew. If you like you can test it by taking a small sip through a straw. If it's very sweet – leave it for a day or two longer. If it's more 'vinegary' then reduce your brewing time for the next batch. The more vinegary it is the more potent it is, but most humans have a limit as to how vinegary they can tolerate fluids!
-  Bottle the brew in the wine bottles. These can now be kept in the fridge. Keeping kombucha cool after it has brewed is fine.
-  If you drink a large wine glass full every day, two wine bottles should last a week (whilst your next batch is brewing), with at least one glass left over to add to your next batch.
-  There is no limit to how much you can drink (within reason), some people get quite addicted to the taste, although it has nothing in it that's addictive – unlike alcoholic beverages for example.
-  Taking a glass on an empty stomach first thing in the morning seems to be a very practical and favoured way of getting the full health benefits from your kombucha. Some people find that it's a very pleasant drink with a meal at any time of the day. The choice is the individual's.

Good health to you!