

How to make your own **Kombucha**

Serving suggestion



Available online at
www.madmillie.com

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Get ready to start brewing!



WHAT YOU'LL NEED

Ingredients

3 tea bags of your choice
or the equivalent in
loose leaf tea

1/4 cup (50 g) +
1.5 tsp white sugar

1 SCOBY

950 mL (1 US qt) water

Equipment

1 L (1 US qt) glass jar

Thermometer strip

Pot to hold 1 L (1 US qt)

Muslin Cloth

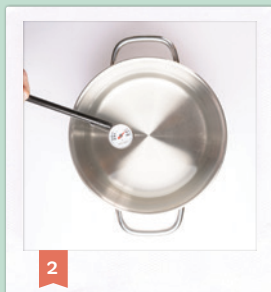
750 mL (25 US fl oz)
bottle

Funnel

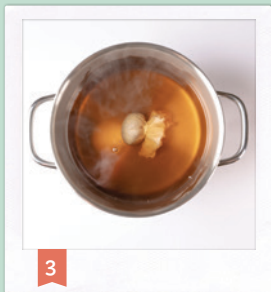
Your scoby is very susceptible to mould in the air. Please ensure you thoroughly sterilise all equipment that will come into contact with your kombucha, particularly your tasting spoon!



Clean and sterilise your jar with boiling water to ensure any nasties are removed before use.



Bring 950 mL (1 US qt) of water to a rolling boil.

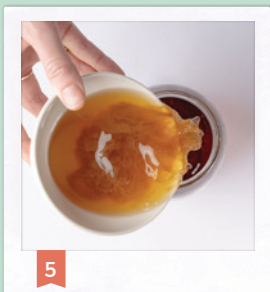


Add white sugar and dissolve. Add tea and steep for 3-5 minutes.

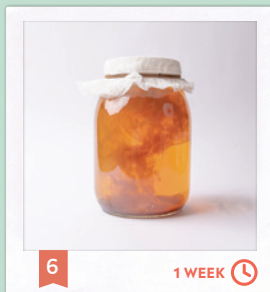


Attach thermometer and remove the tea bags/leaves. Pour into the jar, return the lid and allow to cool to room temperature.

TIP: Don't have a tea strainer? Wrap your loose leaf tea in a muslin cloth!



Add SCOBY and starter liquid when the tea has cooled.



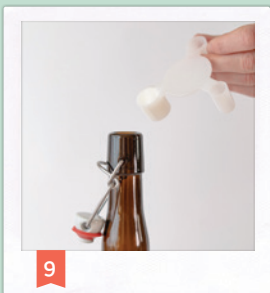
Cover jar with muslin cloth (double layered) and secure with a rubber band and store at 24 - 30°C (75 - 86°F), out of direct sunlight for 1 week.



Taste with a clean, sterile spoon every day from day 8 until you are happy with the flavour.

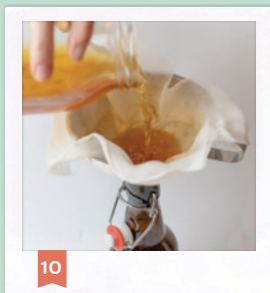


Gently remove the SCOBY and 300 mL (10 US fl oz) of brew. Cover and refrigerate until your next brew.



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Clean and sterilise your bottle with boiling water and add 1.5 tsp for the second ferment. Add flavours or infusions at this step.



10

Pour kombucha into your bottle through a muslin cloth lined funnel.



11

2-3 DAYS ⌚

Leave at room temperature for 2 - 3 days to carbonate then refrigerate.

TIP:

To scale up to bigger volumes, make the 1 L (1 US qt) first to get your SCOBY active. At the SCOBY removal step, add the whole 1 L (1 US qt) to your bigger batch as the starter culture.

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The best flavour profile
is usually found
between 15 and 25 days
(on the first ferment).

● Day 1
-- / -- / 20--

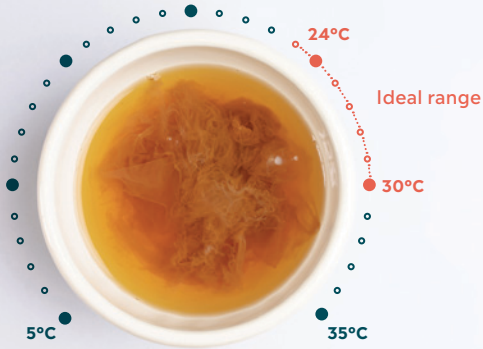
● Day 8
Start tasting!
-- / -- / 20--

● Second ferment

● Enjoy!

TEMPERATURE WILL CHANGE YOUR FERMENT TIME

Keeping your brew between 24 - 30°C (75 - 86°F) is important as it maintains the perfect balance of yeast to bacteria.



Colder: If your brew drops below 20°C (68°F) for an extended time it is more likely to develop mould and the brew takes longer. It will still work, just give it more time to ferment and develop those tangy notes.

Warmer: Try and avoid your brew going above 30°C (86°F) as the yeasts will overpopulate, the brew will speed up and the vinegar flavour will be stronger. If you live in a particularly warm place check your brew from day 5 - 6.

TIP: If you live in a particularly warm or cold climate, try using the Mad Millie Culturing Flask to help maintain your temperature. It fits the Mad Millie 1 L (1 US qt) jar, found at www.madmillie.com.

WHY SECOND FERMENT?

The second ferment is when flavours can be infused, and the carbonation is created. By adding a little sweetness this will feed the SCOBY which then ferments more and produces bubbles. If you don't second ferment the kombucha is still just as good for you! We recommend a shot of kombucha at day 25 with some sparkling water.

What can I add to my second ferment?

The easiest way to add flavour is to use juice. This gives both flavour and the sugar your kombucha needs to carbonate.

1. Add your favourite juice into the sterilised bottle at 20% of volume e.g. 150 mL for a 750 mL bottle.
2. Fill the bottle up with your kombucha and seal.

Some other suggestions are:

- Fruit (fresh, frozen or dried) - start with up to 30% fruit and 70% kombucha
- Chia Seeds - add 2 tsp of chia seeds for added benefits and texture.
- Ginger - add a slice of ginger root to get that fiery ginger flavour.
- Flavour Extracts eg vanilla - start with 1/4 tsp of extract per 1 cup (250mL) of kombucha.



CULTURE STORAGE AND RE-USE

Your kombucha culture can be used again and again! It must always be submerged in starter culture (300 mL / 10 US fl oz from your previous batch) and refrigerated. Take it out of the refrigerator the night before brewing to allow it to return to room temperature.

If you have stored it longer than 2 weeks, feed it the night before brewing:

1 cup (250 mL) of brewed caffeinated tea
.....

1/4 cup (50 g) white sugar
.....

Dissolve the sugar in the tea. Allow it to cool to room temperature and add to your starter culture and SCOBY.

The following day add the refreshed SCOBY and starter fluid to your batch.

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www.madmillie.com



NEXT STEPS

Once you have some healthy back up SCOBY'S from your brews, it's time to get experimenting. The type of tea and sugar you use has a big impact on your kombucha flavour. We've pulled together a few suggestions to get you started.

Tea

Plain black tea will always give the best results, but there can be variation within this, try:

- English Breakfast
- Ceylon
- Darjeeling

We recommend completing at least four good batches to get a really strong culture before experimenting with teas.

If you want to try something a bit different give the below a go:

- Oolong tea will work and give a fruitier flavour
- Green tea can be used but will produce a weaker ferment. To help with this add 2 cups (500 mL) of starter culture and two SCOBY'S at the start of your ferment time.

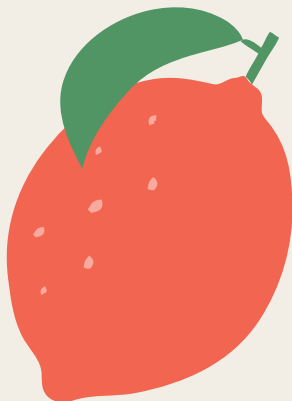


Sugar

The best way to experiment with sugar is to substitute a portion of your white sugar and figure out how to get your favourite flavour profile.

We recommend starting with 1/4 new sugar source + 3/4 white sugar, then go from there.

- Evaporated Cane Juice or Cane Juice Crystals - this is a less refined sugar and is a good option to try.
- Coconut Palm Sugar or Syrup - this will work well but may give sour or bitter flavours due to the high level of minerals. It may need a shorter brewing time so keep regularly tasting your brew.
- Agave or Maple Syrup - make sure it is a pure source and not mixed with anything. This may require some experimentation and extra culture to be added at the start to give your SCOBY the best possible chance of survival.
- Honey - there are different ratios of sugar in different types of honey so you may see some contrasting results, but it can be used for experimentation. The main thing is DO NOT use raw honey for kombucha as the naturally present bacteria in the honey will compete with the SCOBY bacteria, and we cannot guarantee which will win.





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