

# HOMEBREWING KOMBUCHA

## GUIDELINES & RECIPES



**KOMBUCHA**FERMENTER  
INSTRUCTIONS

ENG

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## KOMBUCHA FERMENTER INSTRUCTIONS

### ELEMENTS

Lid with  
active carbon  
felt insert

Fermentation  
clock

Glass Jar 7l



### OPTIONAL

Wooden  
stand



Stainless  
steel spigot  
& cleaning brush





## KOMBUCHA FERMENTER INSTRUCTIONS

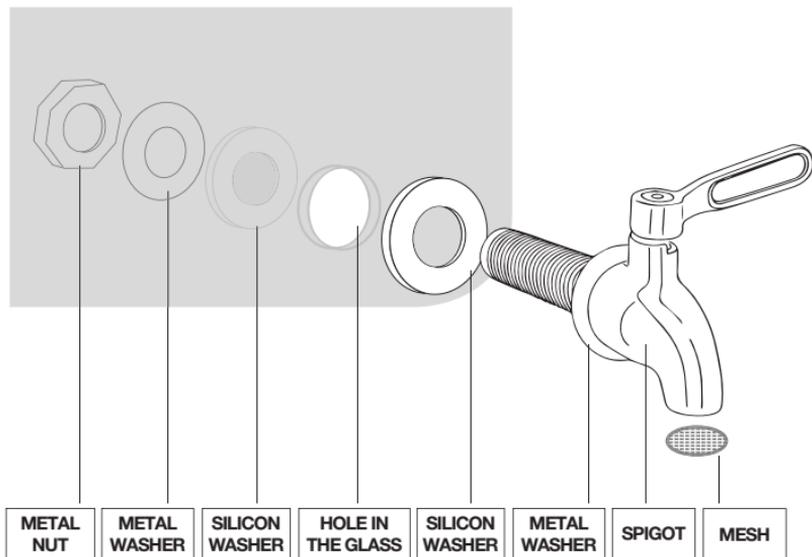
# CARE FOR THE KOMBUCHA FERMENTER

- ❗ Before first use, wash all parts with warm soapy water. Make sure to wash out the detergent thoroughly.
- ❗ Hand washing is recommended for all parts of the kombucha fermenter.
- ❗ Do not expose to direct sunlight during fermentation; also do not place it near any heat sources on your kitchen counter.
- ❗ The active carbon filter on the top lid serves as an odor neutralizer. You can replace it once it loses its ability to catch bad smells. Do not wash the filter.
- ❗ The stainless steel spigot has a detachable mesh. Occasionally take it off and wash it to remove kombucha strains that can catch there. Use the brush included with the spigot for cleaning.
- ❗ It's best to leave the full jar in one place of intended use and not move it until it's empty.
- ❗ When moving the jar, do not hold the jar by the spigot or lid. Hold it with both hands by the glass.
- ❗ Note, the jar is not suitable to use with hot beverages.
- ❗ Use crushed ice, because whole ice may damage the glass.



**KOMBUCHA**FERMENTER  
INSTRUCTIONS

## **ATTACHING THE STAINLESS STEEL SPIGOT (IF INCLUDED)**



- Attach the spigot according to the picture.
- Remove the plastic protection from the washers first.
- Make sure a silicone washer is placed on each side of the glass before tightening.
- Be sure to tighten the nut by hand. Use enough force to prevent leaking but at the same time be careful not to over-tighten it and break the glass.



## KOMBUCHA FERMENTER INSTRUCTIONS



# OTHER USES

## Water dispenser

Use the large jar as a countertop water container. To make sure you drink enough water during the day and to make this more elegant solution so people can pour it themselves, when you have guests.

## Beverage dispenser

Expecting company? Prepare delicious juice or infused water in this jar. Add pieces of fruit and herbs into the water to get more taste. For example, add cucumbers, lemons, orange and fresh mint, lemon balm or rosemary.

## Water kefir

### Recipe:

- 300g water kefir grains
- 300g sugar
- 5l water

Stir sugar in water until dissolved. Add kefir grains and leave for 48 hrs. Strain and serve.

# KOMBUCHA “TEA OF LIFE”

**Kombucha is a fermented drink made when live cultures are added to sweet tea. As with other fermented foods, it's best if it's homemade with hand picked ingredients.**

Studies have shown that it has bioactive components with antioxidant and detoxifying effects. It also shows antimicrobial properties because of the low pH, around 2.5. Low pH is not the only reason for antimicrobial impact. The natural polyphenols in tea, bacteriocins and protein structures also play a role in this.

These support the claims that this beverage has a beneficial effect on overall immunity, obesity, atherosclerosis, hypertension, anemia, mental health and may even support cancer or cardiovascular disease prevention. Live microorganisms in kombucha may contribute to gut health and general well-being and have important antioxidant capabilities.

# FACTS ABOUT KOMBUCHA



## **It contains positive Bacteria & yeasts!**

Kombucha consists of bacteria and yeasts symbiosis. Every single one of these microorganisms is responsible for contributing to the end result - fermented beverage. Some of them have more influence on the taste that develops, others are responsible for that little strains and threads you see floating in the kombucha. Imagine an ant colony with hundreds of little ants, doing their job.

Bacteria and yeasts are working together in kombucha. While yeasts produce alcohol, bacteria then feeds on that alcohol to produce acetic acid. For this reason kombucha has a low level of alcohol and tastes acid like vinegar.

Some of the most common bacteria and yeasts found in kombucha are listed here:



## Bacteria

### \*Acetic acid bacteria:

- *Acetobacter sp.* is a genus characterized by the ability to convert ethanol to acetic acid (in the presence of oxygen) and then further to carbon dioxide and water.
- *Gluconacetobacter sp.* species can oxidize glucose into acetic or gluconic acid. (cannot oxidize ethanol further than acid).
- *Komagataeibacter xylinus*

This is a species of bacteria best known for its ability to produce cellulose.



## Yeasts

- *Brettanomyces* (most common species of this genus is *Brettanomyces bruxellensis*).
- *Saccharomyces* (the most common species of this genus found in kombucha is *Saccharomyces cerevisiae*).
- *Zygosaccharomyces* (the most common species of this genus found in kombucha is *Zygosaccharomyces bailii*).



## **Sugar level in kombucha is not high!**

Many people worry about the amount of sugar that is needed to prepare kombucha. But keep in mind that sugar you put in kombucha is actually food for the microbes not for you. After kombucha is fermented there is very little sugar left in it, about 2,5 g in 250 ml. In comparison, the same amount of cola contains about 30 g of sugar.



## **Kombucha has invigorating properties!**

Kombucha is also called “tea of life” or “elixir of life”. Ingredients and nutrients that develop in kombucha during fermentation support this notion.

It's full of vitamins and antioxidants which help with natural detoxification of the body. Kombucha is rich in vitamins B1, B6, B12, Folic acid, vitamin C.

Caffeine in black and green tea can still have some effect once the kombucha ferments, though there is a lot less caffeine after the fermentation is finished. If you want to reduce the amount of caffeine in kombucha, you can steep the tea for a few minutes, discard (drink it or use it for something else) then steep the same tea leaves again. The second tea will have less caffeine.

You can also mix other teas that have less caffeine than black one. For instance, use just part of black tea and add other parts of green, white or even herbal tea.



## **Alcohol level in kombucha is very low!**

Kombucha does contain some alcohol but this does not mean it can be thrown in the same bag as other alcoholic beverages. The amount of alcohol in kombucha is estimated around 0,5% but usually it's below that value. You can measure the amount of alcohol in your kombucha using the refractometer that is also used in winemaking.

# **WHAT YOU NEED TO PREPARE KOMBUCHA BY YOURSELF:**

- 1. Quality glass with a lid or cloth**
- 2. Black and /or green tea**
- 3. Sugar**
- 4. Kombucha SCOBY with liquid or Kombucha Starter**





# EQUIPMENT FAQ

**In this section we try to answer most frequent questions person might have regarding the necessary equipment for home brewers. For more advice on the process of kombucha making check the sections Tips & Tricks and Troubleshooting kombucha.**

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## **Why is it necessary to use a glass jar?**

You will need a glass or ceramic jar to prepare kombucha. Glass is the best choice for many reasons. Mainly because you can easily clean it and it does not react with acid in kombucha. You can use it continuously for brewing kombucha.

## **Does the lid need to be airtight?**

No, as with every fermentation, there are gases emerging during this process. This is the reason we cover the jar with a cloth or lid that enables airflow. Also a small amount of oxygen is needed so yeasts can metabolize sugars. At the same time it's important to make sure the small insects and flies, mold spores or pieces of dust can't come into the kombucha and



contaminate it. After we remove the mother scoby and the part of kombucha that will be used for a new batch, we can seal the jar airtight for the second fermentation. This will make the beverage even fizzier.

## **Does the equipment need to be sterilized?**

Like with all fermentation, it's important to use clean equipment. This means thoroughly washing your hands and all the equipment that will get in touch with kombucha. Sterilisation is also recommended but it's not necessary as long as you maintain cleanliness and hygiene.

## **Do I need a jar with a spigot?**

A jar with a spigot is very convenient, especially for continuous brew of kombucha. You can easily pour out a bottle or two of kombucha then continue fermenting the rest (see more on this in the chapter Your guide to making kombucha: continuous brewing). It's also very convenient to have kombucha on the counter and pour a glass whenever you want. It's important to make sure the spigot is tightly attached so it does not leak. It also should be cleaned thoroughly occasionally to prevent clogging.



## INGREDIENTS FAQ

**In this section we try to answer most frequently asked questions on choosing the basic ingredients. For more advice on actual kombucha making check the sections Tips & Tricks and Troubleshooting kombucha.**

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As with every other fermentation at home it's recommended to experiment. There are some basic rules and limitations that you cannot ignore but in many cases you can be quite creative. Picking out the ingredients is definitely one of them.

Note, when you are making big or "out of the box" decisions in picking out ingredients, preserve some kombucha culture as a backup. If you are fermenting awhile, you definitely have some extra SCOBY or at least starter liquid that will save you if your experiment does not work out.

When using different ingredients it can sometimes happen that all is good at the beginning, you are liking your results, kombucha is just the way you like it. But after some time it stops fermenting. This means that your cultures didn't adapt well to new conditions. Again, spares that you saved will help in this instance.



## **Why it's important to use sugar?**

Kombucha culture needs sugar to ferment. The sugar you put into the ferment actually gets transformed into other substances during fermentation. The yeasts digest the sucrose and change it into CO<sub>2</sub> (carbon dioxide) that gives your kombucha bubbles and ethanol (alcohol). This alcohol is actual food for the bacteria in kombucha that use it to convert it into amino acids, vitamins and minerals.

## **What kind of sugar should I use for kombucha?**

You can use many different sugars or even honey to prepare kombucha. Each of them will give a unique taste and texture of your beverage so you just have to decide which suits you best. Our cultures are fermented with organic cane sugar, but you can use brown, raw sugar that has more molasses instead. This will in turn give a darker color to your kombucha and it will taste different too. You can also make jun kombucha with honey and green tea. This one has a more mild taste and light color of beverage.



## **Can I use other sweeteners or stevia instead of sugar?**

No. Microbes in kombucha need sugar to ferment. This serves as food for them and the result is a probiotic drink that is so beneficial for you. Note, the sugar in kombucha is for the microbes not for you. You can add sweeteners or stevia to sweeten your beverage just before drinking.

## **What if I don't have SCOBY, only starter liquid?**

You can easily prepare your first batch of kombucha with starter liquid. Starter liquid is actually kombucha that was fermenting a bit longer and it's very sour. Basically it's not good to drink anymore but the acidity is just perfect to make a new batch of kombucha with it. You can follow the kombucha recipe and prepare kombucha, adding the proper amount of starter liquid - it needs at least 10 % of the amount. During fermentation SCOBY will start forming on the surface. This usually happens some time after day 7 of fermentation. After fermentation is finished you will preserve part of the kombucha drink and newly formed SCOBY and use it to make a new batch.



## **What water is OK to use for kombucha?**

Water is not as problematic as it can be when making water kefir. The reason for that is that when you make tea, you actually have to boil the water. But if you use only a portion of water to brew tea and then dilute it with the rest of the water, some attention needs to be given to water too.

If you are not sure about your tap water quality there are some steps you can take. You can boil tap water for ten minutes first to make sure there are no harmful bacteria. If you leave it uncovered for half an hour this will also reduce chlorine content that can kill beneficial bacteria. People often use filtered, distilled or reverse osmosis water which is OK, but take note, the process that filters the water also removes the minerals in the water.

## **Should I use black or green tea?**

Kombucha is traditionally made with black or green tea (or oolong) or sometimes a combination of both. Even other kinds of tea are supposedly fine to brew kombucha with and people are being successful with that. But in the long term brewing with pure



black and/or green tea gives best results in taste and beneficial effects of kombucha and produces healthiest culture.

## **What about flavoured teas?**

There are many teas available that have added flavors and essential oils. These special blends may be delicious for drinking but not so much for kombucha making. Essential oils and flavors can contaminate the culture over time and your kombucha will stop giving excellent results.

## **Do I need to measure all ingredients carefully?**

If you are first time fermenting the recommendations for amounts in this book will help you prepare basic kombucha. Once you get the hang of it, you can experiment freely with amounts and ingredients to tailor kombucha to your taste. But make sure you always use enough food for your bacteria and yeasts! The same goes for the starter or kombucha from the previous batch. Always use at least 10% of the amount you want to prepare.

# YOUR GUIDE TO START FERMENTING KOMBUCHA

## INGREDIENTS\*:

1. Quality glass with a lid
2. 4g / 3 tsp (2 tea bags) black or green tea
3. 50g sugar
4. Kombucha SCOBY with liquid  
or 100 ml Kombucha Starter

\* The amounts described here are used to prepare 1 L of kombucha drink. To make larger quantities, adjust the ingredients proportionally. It's recommended to increase the amount after you finish your first two batches with a new kombucha starter or SCOBY. Once your kombucha is strong enough you will be able to make large volumes or continuous brew.

## Recommended amounts for brewing kombucha:

AMOUNT	tea*	sugar	water	starter
1 L / 1 quart	4 g / 3 tsp / 2 tea bags	45 g / 1/5 cup	0,9 L / 0,9 quart	100 ml / 3,2 fl oz
2 L / 2 quarts	9 g / 6 <sup>2</sup> / <sub>3</sub> tsp / 5 tea bags	90 g / <sup>2</sup> / <sub>3</sub> cup	1,8 L / 1,8 quart	200 ml   / 6,5 fl oz
3,8 L / 1 gallon	17 g / 13 tsp / 10 tea bags	170 g / 1/2 cup	3,5 L / 0,9 gallon	300 ml / 10 fl oz
5,7 L / 1,5 gallon	25 g / 18 tsp / 12 tea bags	250 g / 1 cup	5,2 L / 1,4 gallon	500 ml / 17 fl oz

\* You can prepare the tea from all the water or just from a part of it, to make sure it cools down faster.

# DETAILED STEP BY STEP MANUAL ON KOMBUCHA PREPARATION:



**1. Prepare tea.**  
Use green, black or  
a mixture of both teas.  
Cool it down a bit  
and add sugar.



**2. Pour tea (and water)**  
into the jar. Cool down  
to room temperature.\*



**3. Add kombucha  
starter and/or SCOBY  
with liquid to the tea.**

(Always use at least 10% of  
starter/kombucha tea for every  
new batch of kombucha.)

**4. Ferment for 7-10 days or less if you make jun kombucha. Taste during fermentation to find the right taste of kombucha.\*\***

**5. Take out the SCOBY and save the liquid for the new batch.**

**6. Store kombucha tea in bottles. Use immediately or second ferment kombucha. Chill before serving.**

\* You can use only a part of water for the tea then add remaining water to cool down the tea faster.

\*\* Save SCOBY and appropriate amount of kombucha - depending on what amount your next batch will be. It's recommended to use at least 10% of starter liquid (more is OK).



# CONTINUOUS BREW

You can prepare small batches of kombucha at first. But after some time and when your culture gets stronger, small batches probably will not suffice anymore, especially if you want to have the kombucha drink available all the time. This is the time when you might consider continuous kombucha brewing.

This means that you never stop brewing kombucha. Once you know what taste of kombucha suits you best, you can set the fermentation plan. For continuous brewing of kombucha it's best to have a jar with a spigot for easier pouring. It's important to always replace the amount you draw off with fresh sweet tea. Make sure you always leave enough kombucha in the jar to enable continuous brew.



# STEPS FOR CONTINUOUS BREW

## 1. Prepare starting amount of kombucha

It's best to make at least 5 litres. The Kombucha fermenter is optimal to prepare 5-6 litres (1,5 gallon) kombucha. Use appropriate ratios of ingredients.

## 2. Leave to ferment for 1 week

Keep track of how the taste of kombucha changes, it usually takes about a week to brew kombucha.

## 3. Start pouring kombucha

You can now start pouring kombucha. You can take a cup or a bottle at once. You can draw off a few bottles and second ferment kombucha.

## 4. Leave at least 20 % of kombucha

Always keep at least 20 % of kombucha in the jar, to make sure fermentation continues. More is even better to make sure you will have kombucha ready quickly.

## 5. Replace the amount you draw off

Replace the exact amount you draw off with fresh sweet tea.

## 6. Leave to ferment 24-48 hrs

After this short fermentation time you can continue to draw off the kombucha again. This means you can pour kombucha at least 2-3 times every week.



Stir the contents before pouring. Sometimes there can be some deposits on the bottom of the jar. Stir it before pouring to get a mix of all the good stuff in kombucha.



Cleaning the spigot. Sometimes the spigot gets clogged and you need to clean it to enable easy pouring. This can happen sometimes because of all the small strains that float in kombucha.



# SECOND FERMENTATION

**Once your kombucha ferments you can drink it or bottle it. If you store it in bottles it's important to cap the bottles. This will complete the second fermentation of your kombucha.**

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## **Making more fizz!**

Second fermentation is useful when you want to get more fizz in your kombucha. You can achieve this by adding CO<sub>2</sub> or by second fermenting. When the bottle is capped this will increase bubble formation in the kombucha.



## **Flavour it!**

Second fermentation is also perfect for adding flavours to your kombucha. You can add freshly squeezed juice or pieces of fresh or dried fruits and vegetables to it. Herbs are also a great way to add flavour! Even though you remove the SCOBY from the kombucha, fermentation is still happening and the taste of your kombucha will change in a day or two.



## **Important note!**

The more kombucha ferments, the more alcohol it contains. At the beginning, once the sugar is added and fermentation starts, there is only a trace of alcohol in kombucha, with time and especially if you add lots of fresh juice or fruit, the alcohol amount can increase.



# TIPS & TRICKS

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## **What is the recommended daily dose of kombucha?**

How much kombucha will you drink in a day probably depends on whether you really like the taste or you drink it only because it's supposed to be good for you. There are some aspects of drinking kombucha that you should consider when deciding on how much you want to drink it per day.

Kombucha contains live microorganisms. Especially when it's home-brewed, kombucha can be very rich in bacteria and yeasts. If your body is not accustomed to live foods, you should be careful once you start drinking it. It can lead to some unwanted side effects like bloating, stomach cramps etc.

You should also take into account the alcohol amount in kombucha, it's not high usually (below 0.5%) but if you drink a lot it can add up.

Caffeine in kombucha is also an important issue. During fermentation the amount of caffeine reduces but if you are sensitive and have trouble sleeping because of caffeine, don't drink kombucha later in the day or replace black tea with green tea or herbal tea.

About a cup of kombucha (250 ml) per day is the average recommended dose.



## **What is mother and baby SCOBY?**

Kombucha is produced by a collective of microbes. As they perform the work, they form a visible raft that's commonly known as the kombucha "mother" or SCOBY. This disc shaped mass floats on top of the tea. You can use the SCOBY for every new batch of kombucha. During fermentation new mass can appear directly on top of the old one. You can rip it off and use it for a new batch of kombucha or and leave it, so the mother kombucha will get thicker. The new thinner kombucha is sometimes called baby kombucha.

## **How long can Kombucha be stored for and where?**

Once the fermentation is finished you can drink the kombucha right away or store it in bottles in the fridge. You can store the bottled kombucha in the fridge for a month or so. Just be careful to burp the bottles regularly to avoid bottle explosion.

## **What are round opaque patches on the top of kombucha SCOBY?**

Dark grayish or brown round patches that can develop on top of your kombucha SCOBY usually don't mean the start of mold. These spots are a product of fermentation, developed by yeasts in the culture.



## **What are the strains floating in kombucha?**

Strains are also connected with yeasts in your kombucha. More brownish strings there are floating in your kombucha or collecting on the side of the glass, more yeasts are there in the kombucha. They are not harmful, but you can strain them before drinking. This is usually due to higher temperatures in the environment, warm places are where the yeasts thrive.

## **It's important to use clean equipment**

Hygiene is very important when working with kombucha cultures. They are very sensitive to contamination so wash out the glass jar thoroughly using warm water and detergent. Carefully rinse out the detergent and rinse with warm water. Sterilisation of equipment every time you make a new batch is welcome too.

## **Create safe environment**

Kombucha culture is full of live microorganisms that spread through air too. At the same time it's also possible that other microorganisms come into the kombucha. The airflow is important so that kombucha can ferment. But this also means that contaminants can ingress into the kombucha. This is the reason it's best to keep kombucha away from all possible sources of contamination (with mold for example). Keep away from fruit, bread, cheese, etc.



## **What place is best for fermentation?**

It's best to find a place on your counter or in the kitchen cabinet where kombucha will not be in contact with possible contaminants, like fruit and bread. Don't put it in a cold place because kombucha needs a warm environment to ferment, the recommended temperature is between 21 and 25 °C.

## **What is the optimal temperature for fermentation?**

Recommended temperature for kombucha making is between 21 and 25 °C. Anything below that will slow down the fermentation and higher temperatures will speed it up. Higher temperatures are also optimal for yeast development, that you can see as brown strains on the SCOBY and in kombucha as well. Too much yeast in kombucha changes the balance and affects the taste too.

## **Why is it important to enable airflow?**

During the fermentation process there are some chemical processes happening where gas is produced. That is why it's important to enable airflow. This helps prevent bottle explosions which is quite common with kombucha brewing.



# TROUBLESHOOTING KOMBUCHA

## What can go wrong and how to solve it?

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### **Kombucha doesn't start fermenting**

It may be that your starter is not viable. It may be that the tea solution was too hot when culture was introduced and it killed it. Maybe ambient temperatures where you placed your starter are too cold, you should try to find a warmer spot. Kombucha does best in a warm environment, from 21°-25 °C. Maybe chlorinated water is inhibiting fermentation.

### **Mold on kombucha - what now?**

Mycotoxigenic molds may have the ability to grow in fermented tea. These molds and others are considered mycotoxigenic because of secondary metabolites produced that have toxic and carcinogenic effects. If molds form, you should discard the batch of kombucha, as well as the SCOBY, and begin anew with a new SCOBY.

### **Kombucha gets too sour.**

There are few possible reasons why your fermented kombucha gets to sour:

- *Fermentation Time - you left it to ferment too long. Longer the kombucha ferments, more food it consumes, hence sugar runs out and the drink gets more sour.*
- *Too much starter - it's possible to use too much starter or kombucha from the previous batch. Recommended ratio of starter is 10%.*
- *Warm environment - in warmer environment the fermentation is quicker. Have this in mind when you are fermenting.*



## **There is no fizz in my kombucha**

Bubbles of air are actually bubbles of carbon dioxide (CO<sub>2</sub>) which is the result of fermentation. This makes the drink fizzy. The yeasts in kombucha are responsible for this. By consuming the sugar in tea they produce ethanol, acids, enzymes and carbon dioxide. If bacteria in kombucha overwhelms the yeasts, you are having little or no fizz. It's important to seek balance between the two species of microorganisms. Many store bought kombucha add carbonation to the drink with a machine. Natural carbonation happens during first and second fermentation. When the kombucha is bottled and the air does not come out, the carbonation increases and bottle explosion is a risk here. Regular burping is necessary. You can add some ginger or other fruit during fermentation to make it more fizzy.

## **Kombucha tastes weird**

You have been making kombucha for a while but suddenly the taste of kombucha is a bit off. If this happens, think about what kind of changes you made during the preparation of kombucha. Did you use different ingredients? If you use tap water, were there any changes in the water system? Water has many live microorganisms in it, they may not be harmful to people but when introduced to the live microorganisms in kombucha, there might be a clash.

## **SCOBY sinks to the bottom of the jar**

Sometimes SCOBY sinks to the bottom. Then it floats to the surface or stays below and a new SCOBY forms on the top. This is not problematic as long as the beverage is fermenting. If the SCOBY only floats there and does not ferment, this means it's probably not active anymore. This often happens when the temperature of the SCOBY is not the same as the temperature of the tea. To avoid this, cool down the tea to room temperature.



# RECIPES



# BLACK TEA KOMBUCHA

## INGREDIENTS:

- 0,9 l water
- 4 g black tea
- 50 g sugar
- 100 ml kombucha starter liquid or kombucha SCOBY culture with liquid.



Bring 200 ml water to a boil, then remove from heat. Put tea leaves or tea bags into hot water and let steep for about 4 minutes (follow the instructions on the packaging). Strain the tea, let it cool down a bit then stir in sugar until completely dissolved. Pour the tea in a jar and add the remaining water. Let it cool down completely (room temperature, under 30°C). Pour in the starter liquid and carefully place the SCOBY on top. Cover with a lid that enables air circulation or with a piece of cloth. Leave the jar at room temperature (21-25 °C) for 7-14 days. Make sure to keep it away from direct sunlight. After about 5-7 days, you can start tasting your kombucha each day, until it tastes right for you. The longer the kombucha ferments, the less sweet and more vinegary it will taste.



Instead of pure black tea, you can use a mixture of black and green tea. We recommend using 70% of black tea and 30% of green tea.

# GREEN TEA KOMBUCHA



## INGREDIENTS:

- 5,2 l water
- 25 g green tea
- 250 g sugar
- 500 ml kombucha from previous batch
- kombucha SCOBY

Bring 1 l of water to boil and remove from heat. Prepare the tea and let it steep for 3-4 minutes. Strain the tea and stir in sugar after it cools down a bit. Sugar must be completely dissolved. Top up with remaining water. Cool down completely. Pour in the old kombucha and gently place the SCOBY on top. Cover with a lid that enables airflow or with a piece of cloth. Leave to ferment at room temperature (21-25 °C) for 7-14 days, away from direct sunlight. After about 5-7 days, you can start tasting your kombucha to find the taste you like. The longer the kombucha ferments, the less sweet and more acidic it will taste.

# JUN KOMBUCHA



## INGREDIENTS:

- 0,9 l water
- 4 g organic green tea
- 80 ml raw organic honey
- 100 ml jun kombucha starter
- jun kombucha SCOBY

First boil 200 ml of water, take it off the heat, add tea and let steep for 3-5 minutes (depends on the tea you are using). Strain the liquid into a large jar. Top up with room temperature water. Stir in honey until completely dissolved. When it cools down completely, add jun kombucha starter and SCOBY. Cover jar with a lid that enables airflow or a cloth. Let ferment at room temperature (20-24 °C), 5-8 days.

# HEMP KOMBUCHA



## INGREDIENTS:

- 250 ml basic fermented kombucha
- 1-1,5 tsp organic hemp seed oil

Get all the benefits of kombucha with added features of cannabidiol (CBD) by infusing the kombucha with the earthy taste of hemp oil. You can use regular kombucha that you brewed or get more taste with kombucha that was second fermented with fruits and/or herbs. Use any fruit you like. Here are some recommendations:

- ginger and lemon
- raspberries and mint
- strawberry and basil

Take a portion of kombucha that you will drink, about 100-250 ml. Stir in a teaspoon (and a half) of oil and stir. Oil will not dissolve in the kombucha, so you may have to stir it while drinking it too.

# COFFEE KOMBUCHA

## INGREDIENTS:

- 1 l water
- 150 g freshly ground coffee
- 150 g white sugar
- 50 g of unrefined cane sugar (dark muscovado or mascavo)
- 1 tablespoon kombucha starter
- kombucha SCOBY



Brew the coffee in half of the water. Strain to remove any coffee sediment or let it sit for a while. While coffee is still hot, stir in the sugar. Top with the rest of the water and wait until the coffee mixture reaches the room temperature. Add the SCOBY and kombucha starter. Leave to ferment for 3-5 days on room temperature or until it reaches desired flavour.



Serving ideas:

Add vanilla drops, cinnamon and caramel drops.  
Use it in kombucha iced coffee with vanilla ice cream and ice cubes.  
Soak biscuits in it to prepare tiramisu.

# LEMON BALM KOMBUCHA



## INGREDIENTS:

- 1,2 l water
- 5 g lemon balm leaves (fresh or dried)
- 70 g sugar
- 100 ml kombucha starter liquid or kombucha SCOBY culture with liquid.

Bring 200 ml water to a boil. Remove from heat, add lemon balm leaves and let it steep for at least 15 minutes (up to 5 hours for stronger tea). Strain the tea and stir in sugar until completely dissolved. Pour the sweetened tea into the jar, then add the rest of the water. Let cool until it reaches room temperature. Pour in the starter liquid and gently place the SCOBY on top. Cover with a lid that enables airflow or with a piece of cloth. Leave the jar at room temperature (21-25 °C) for 7-10 days. Make sure to keep it away from direct sunlight. After about 6-7 days, you can start tasting your kombucha each day, until it tastes right for you. When fermentation is finished, bottle the strained kombucha. Chill before serving and decorate with fresh lemon balm leaves.

# GINGER LEMON MINT KOMBUCHA



**2nd**  
FERMENTATION

## INGREDIENTS:

- 1 l kombucha
- 1 tsp grated ginger root
- juice of one lemon
- 2 slices of fresh organic lemon
- few fresh mint leaves

Add all ingredients to kombucha. Cover with airtight lid. Ferment 1-2 days, room temperature. Chill before serving.

# GINGER CARROT KOMBUCHA



## INGREDIENTS:

- 1 l kombucha
- 150 ml carrot juice
- 50 ml orange juice
- 1 tsp grated ginger root
- few fresh orange slices

Add all ingredients to kombucha. Cover with airtight lid. Ferment 1-2 days, room temperature. Chill before serving.

# ROSEHIP ORANGE MINT KOMBUCHA



## INGREDIENTS:

- 800 ml basic kombucha
- 200 ml rosehip tea
- 50 ml fresh orange juice
- few fresh mint leaves

Prepare tea and cool to room temperature. Add all ingredients to kombucha. Cover with airtight lid. Ferment 2-3 days, room temperature. Chill before serving.

# CUCUMBER LIME MINT KOMBUCHA



## INGREDIENTS:

- 1 l kombucha
- freshly peeled cucumber slices
- 100 ml lime juice
- fresh mint leaves

Add all ingredients to kombucha. Cover with airtight lid. Ferment 1-2 days, room temperature. Chill before serving.

# PEAR LEMON MINT KOMBUCHA



**2nd**  
FERMENTATION

## INGREDIENTS:

- 1 l basic kombucha
- 100 ml pear juice
- 50 ml lemon juice
- few lemon slices
- fresh mint leaves

Add all ingredients to kombucha. Cover with airtight lid. Ferment 1-2 days, room temperature. Chill before serving.

# ORANGE KOMBUCHA



## INGREDIENTS:

- 1 l fermented black or green tea kombucha
- 10 g dried orange peel
- 2 slices fresh organic orange
- 100 ml fresh orange juice

Add all ingredients to kombucha. Cover with airtight lid. Ferment 2-3 days, room temperature. Chill before serving.

# CITRUS KOMBUCHA



**2nd**  
FERMENTATION

## INGREDIENTS:

- 1 l fermented black or green tea kombucha
- 50 ml fresh lemon juice
- 1 slice organic lemon
- 30 ml fresh lime juice
- 1 slice organic lime
- 30 ml organic orange juice
- 2 slices organic orange

Add all ingredients to kombucha. Cover with airtight lid. Ferment 1-3 days, room temperature. Chill before serving.

# POMEGRANATE LEMONADE KOMBUCHA



**2nd**  
FERMENTATION

## INGREDIENTS:

- 1 l fermented black or green tea kombucha
- 75 ml pomegranate juice
- 50 ml fresh lemon juice
- 3 slices organic lemon

Add all ingredients to kombucha. Cover with airtight lid. Ferment 1-2 days, room temperature. Chill before serving.

# ROSEMARY JUN LEMONADE



## INGREDIENTS:

- 1 l jun kombucha
- 100 ml freshly squeezed lemon juice
- few organic lemon slices
- fresh rosemary
- ice cubes to serve

Add all ingredients to kombucha. Cover with airtight lid. Ferment 1-2 days, room temperature. Chill before serving.

# LAVENDER PLUM JUN



**2nd**  
FERMENTATION

## INGREDIENTS:

- 1 l jun kombucha
- 0,5 l water
- 100 g dried lavender buds
- 5 g green tea
- 50 ml honey
- 100 ml plum juice

Add all ingredients to kombucha. Cover with airtight lid. Ferment 3 days, room temperature. Chill before serving.

Prepare green tea with lavender buds. Once the tea is ready, take the tea leaves (tea bags) out, you can leave the lavender in.

# BASIC KOMBUCHA VINEGAR



**2nd**  
FERMENTATION

Make the usual batch of black or green tea kombucha as described in the original recipe. Put the jar in a warm place (21-25 °C) and make sure to keep it out of direct sunlight. Then simply leave it to ferment much longer, about 30-60 days. After 4 weeks you can start tasting it. When you are satisfied with the level of acidity and tartness, strain your vinegar and store it in a sealed bottle to use when necessary.

# HERB VINEGAR

(MEDITERRANEAN,  
TARRAGON VINEGAR,  
SAGE VINEGAR)



**2nd**  
FERMENTATION

Use kombucha vinegar that you fermented for at least 4 weeks and add herbs of your choice. Leave to ferment for a couple of weeks on room temperature. Strain and store in a dry, dark place for up to 6 months.

## Options:

- Mediterranean (fresh oregano, basil, thyme, rosemary)
- Tarragon
- Sage

# MUSTARD HERB VINAIGRETTE



## INGREDIENTS:

- 2 tsp dijon mustard
- 6 tbsp oil (olive or pumpkin)
- 4 tbsp mediterranean/tarragon kombucha vinegar
- minced garlic
- salt
- pepper

Mix oil, vinegar and mustard with a whisk, add minced garlic, salt and pepper to taste. Use immediately on salads.

# HOT CHILI VINAIGRETTE



## INGREDIENTS:

- 4 tbsp basic kombucha vinegar
- 1 tsp honey
- chili powder or fresh chopped chilies
- 1 tsp dijon mustard
- salt
- pepper

Whisk all ingredients together until combined. This dressing can be used as meat marinade, salad dressing or as your favourite topping on a burrito.



**COCKTAILS  
WITH  
KOMBUCHA**

# KOMBUCHA COSMOPOLITAN



## INGREDIENTS:

(2 SERVINGS)

- 120 ml vodka
- 40 ml orange kombucha (recipe in second fermentation section)
- 60 ml cranberry juice
- 30 ml lime juice
- finely crushed ice
- to garnish: orange peel

Mix vodka, cranberry and lime juice in a cocktail shaker or larger glass, then add the orange kombucha. Strain into cocktail glasses that you previously prepared with crushed ice. Garnish with an orange peel.

# POMEGRANATE GIN LEMONADE



## INGREDIENTS:

(2 SERVINGS)

- 120 ml gin
- 300 ml pomegranate lemonade kombucha (recipe in second fermentation section)
- pomegranate arils
- crushed ice

Pour pomegranate lemonade kombucha and gin in a Kefirko jar and mix well. Strain into chilled glasses, then top with crushed ice and some pomegranate arils.

# CITRUS GIN FIZZ



## INGREDIENTS:

(2 SERVINGS)

- 120 ml gin
- 400 ml citrus kombucha (recipe in second fermentation section)
- 50 ml lime juice
- fresh lemon
- fresh rosemary
- ice cubes

Take Kefirko jar, fill it with gin, citrus kombucha and lime juice. Gently mix and strain into a glass filled with ice. Garnish with lemon slices and rosemary sprig.

# KOMBUCHA MOJITO

## INGREDIENTS FOR MINT KOMBUCHA:

- 1,3 l water
- 4 g green tea or two tea bags
- 2 g mint leaves (fresh or dried)
- 80 g of sugar
- 100 ml kombucha starter
- SCOBY

Bring 200 ml water to a boil. Mix tea in hot water and let steep for at least 10 minutes. Strain the tea and stir in sugar until completely dissolved. Pour the sweetened tea into your jar, then add the rest of the water. Let cool until it reaches a temperature under 30 °C. Pour in the starter liquid and gently place the SCOBY on top. Cover with lid or a piece of cloth that enables air circulation. Leave the jar at room temperature (21-25 °C), away from direct sunlight for 5-10 days. Taste after 5 days. If it tastes good for you, strain the beverage, if not, let it ferment for another 2-5 days.

## INGREDIENTS FOR MOJITO

(2 SERVINGS):

- 80 ml white rum
- juice of 2 limes
- 12-14 fresh mint leaves
- 2 tbsp of brown sugar
- fresh lime wedges
- crushed ice
- mint kombucha

Muddle 3/4 of fresh mint leaves, lime juice and sugar in a glass or small jug. Pour into tall glasses and add a handful of crushed ice and lime wedges. Top with mint kombucha, gin and garnish with fresh mint leaves.



# SCOBY FACE MASK

## INGREDIENTS:

- SCOBY with small amount of kombucha liquid
- aloe vera / coconut oil / raw egg / almond oil / olive oil
- essential oil (lavender, rosehip, tea tree, chamomile, rose, lemongrass, peppermint)

Depending on the effect you want to achieve, choose the ingredients for your face mask. Here are some ideas:

- aloe vera - for soothing dry skin, inflammations, burns;
- coconut oil - with minerals and medium chain fatty acids for nutrition and soothing of skin;
- raw egg - hydrating, anti-acne, tightening, oily skin;
- almond oil - source of vitamin E and other nutrients.
- olive oil - rich with antioxidants to moisturize skin and providing elasticity and smoothness.

Mix all the ingredients in a blender until you reach a required texture. Use immediately, do not store it for longer than a day or two in the fridge. Apply the mixture to your face. Leave it on for 10-15 minutes, wash it off and apply your favourite moisturizer.

\*Applying kombucha to your face increases blood circulation, so you may notice some redness, which is completely normal.

\*Use coarse ground coffee, sugar, buckwheat, etc. to get the peeling effect of your face mask.



## 1. OILY SKIN TONER

### INGREDIENTS:

- 1 part of water
- 1 part of basic kombucha vinegar
- 3-5 drops of tea tree, eucalyptus, jojoba, rosemary oil

## 2. NORMAL SKIN TONER

### INGREDIENTS:

- 2 parts of water
- 1 part of basic kombucha vinegar
- 3-5 drops of lavender, cucumber seed or carrot seed oil

## 3. DRY/SENSITIVE SKIN TONER

### INGREDIENTS:

- 3 parts of water
- 1 part of basic kombucha vinegar
- 3-5 drops rose, chamomile, or geranium oil

Mix all ingredients in a small bowl. Apply on your skin with a cotton ball then leave for up to 10 min and rinse with water.



# HAIR MASK



## INGREDIENTS:

- 100 ml basic kombucha vinegar
- 2 tbsp coconut oil
- 50 ml water
- few drops of lavender or rosemary essential oil

Mix all ingredients together. Apply to hair and leave on for 10-20 minutes, then rinse off and wash your hair as usual.

# HOUSEHOLD CLEANER



## INGREDIENTS:

- one part basic kombucha vinegar
- one part water
- pinch of salt
- pinch of sodium bicarbonate
- few drops of essential oil (lavender, orange, rosemary, tea tree, peppermint, eucalyptus, lemon or any other with antimicrobial activity)

Mix all ingredients and pour it into a spray bottle for easier use. Spray it on the dirty surfaces and clean with a cloth or a sponge. For more stubborn stains spray the cleaning product on the area and leave for about 15 minutes, then use the cloth.



## The Wonder Of Fermentation



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