

Kombucha

(makes 1 gallon)

Heat 6 cups of water until nearly boiling. Add 1 cup of cane sugar and 2 tablespoons loose tea or 9 tea bags. Stir to dissolve sugar and let tea steep. Pour 8 cups of water into the mix and with a clean finger, test the temperature. It should be body temperature or cooler before proceeding.

Strain out tea leaves, or remove tea bags. In a 1 gallon jar, combine 2 cups finished kombucha, SCOBY and cooled tea mixture. Cover the jar with a cloth and secure it with a rubber band. Allow to ferment for 1 to 3 weeks at room temperature.

Shorter fermentation times will yield a sweeter drink, while longer end of the spectrum will result in a more sour, vinegar-like beverage.

Once it's sour enough for you, set aside 2 cups of finished kombucha and remove the SCOBY for your next batch.

