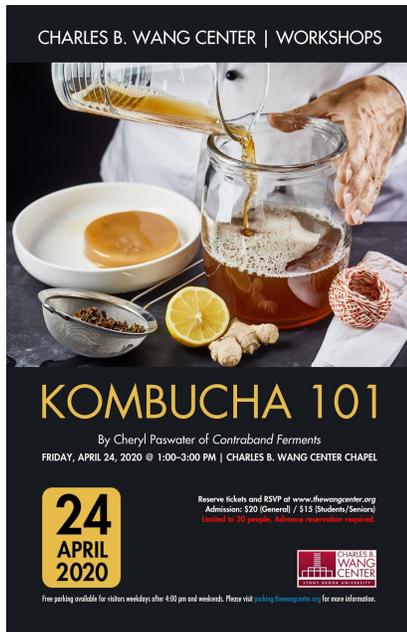


Kombucha

101

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Contraband Ferments



KOMBUCHA

Ingredients

- 1 SCOBY (Symbiotic Culture of Bacteria and Yeast)
 - Water
 - 2 ½ cups white sugar (regular white granulated sugar is fine, like Dominos)
 - 12 tea bags (green, black, or white tea)
- Yields 2 gallons of tea.

Instructions

1. Bring 16 cups of water to a boil, then turn off heat.
2. Add 12 regular-sized tea bags to the 16 cups of hot water.
3. Let tea bags steep for 20 minutes, then remove tea bags from the pot.
4. Add 2½ cups of white sugar to the hot tea, and stir with a wooden spoon until the sugar is dissolved.
5. Let the sweet tea cool to room temperature, and then add an additional 16 cups of room temperature water.
6. Divide the now 2 gallons of tea into 2 wide mouth gallon glass jars (deli pickle jars are great for this—and deli guys are generally happy to part with them for such purposes).
7. Add the SCOBY (Symbiotic Colony of Bacteria and Yeast), with about ¼ – ½ cup of kombucha liquid, to each jar of tea. You can use store-bought kombucha for this, or use some from a previous batch of home-brew. The SCOBY should float to the top of the jar.
8. Put a piece of cheesecloth over the jar opening, and secure with a rubber band (the SCOBY needs to breathe!).
9. Let the tea ferment for 7–10 days in a cool environment like a basement or cabinet or the life, before transferring the liquid to individually sized bottles (use a funnel for this, or the SCOBY might try to sneak in!).

NOTE: The SCOBY will “give birth” to a baby during each batch. After filtering the fermented tea, you can peel apart the “mother” from its “baby.” Be sure to share the wealth (either mama or baby) with friends and family! To save a SCOBY for a future batch, store it in some of its own kombucha liquid in a glass jar in a cool place like a basement or cabinet but not in the fridge (the fridge is bad for SCOBYs). It will stay alive and dormant until you’re ready for the next round!

KOMBUCHA FRUIT LEATHERS

**Recipe referenced from: *How to Make SCOBY Fruit Leather* by Wellness Mama

Ingredients

- 2 cups diced fruit such as strawberries, peaches, or pears
- ¼ cup sugar
- 2 cups pureed SCOBY
- 1–2 teaspoon spices or herbs such as basil, cinnamon, cloves, nutmeg, or thyme (optional)

Instructions

1. Combine the fruit and sugar in a medium saucepan.
2. Cook over medium heat, stirring frequently, until the fruit and sugar are thoroughly broken down and combined (about 10 minutes).
3. Add the fruit mixture and SCOBY puree to a blender, along with any spices you're using (if using at all), and pulse until all the ingredients are combined and the mixture has the texture of applesauce.
4. Spread the mixture onto wax paper, parchment paper, or silicone dehydrator sheets in a layer about ¼ inch thick.
5. Dehydrate for 12 to 36 hours. If you're using a dehydrator, use the lowest setting (95°F–110°F or 35°C–43°C). If you're dehydrating in an oven, set it to its lowest temperature and prop the door open.
6. Once the mixture is dried and no longer sticky, gently remove from the wax paper. If the leather is difficult to remove from the wax paper, stick it in the freezer for 10 to 15 minutes; then peel off.
7. Cut the leather into strips. These can be rolled up or cut into bite-size pieces. Store in an airtight container at room temperature; they will keep indefinitely but might dry out over time.

Notes:

- Play with the spices and fruits to come up with your favorite kind—the combinations are endless!
- Here's a great link by *Bon Appetit* for fruit leathers: video.bonappetit.com/watch/making-fruit-leather-with-kombucha-soby.

For more info: www.contrabandferments.com

