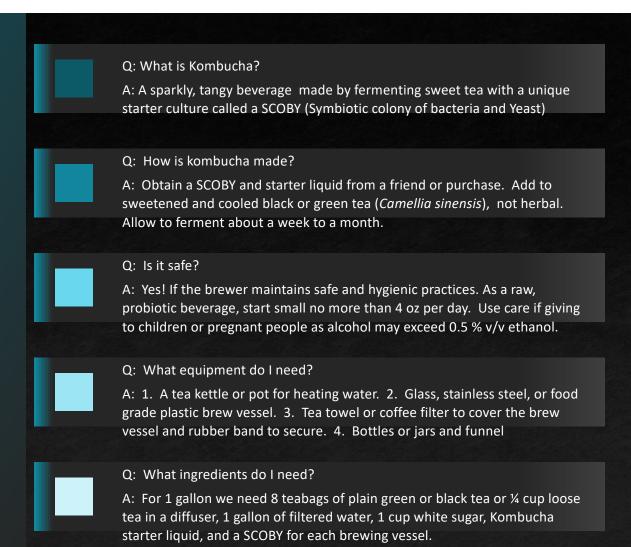
Making Kombucha



Sacramento County
Master Food Preservers
UCCE-ANR

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Understanding and Making Kombucha Safely at Home



We will cover these

- Preparing the tea
- The SCOBY and Primary Bulk Fermentation
- Bottling and Secondary Fermentation

How to make Kombucha

Preparing the Tea

- Heat the water to boiling and carefully transfer to the brewing vessel(s). Add tea bags and steep about 10 minutes.
- After 10 minutes, remove tea bags and add the sugar.
 Stir to dissolve.
- Allow the sweet tea to cool to room temperature. If the tea is too hot when you add the SCOBY, it will kill the microorganisms.

First Skill Second Skill Third Skill Conclusion

The SCOBY and Bulk Fermentation



Wash hands and transfer the SCOBY and starter liquid to the cooled tea.

First Skill



Cover with clean cloth or coffee filter and secure cover with rubber band. Record start date.



Ferment for at least a week, depending on the room temperature. After a week, check the flavor.

Second Skill PAGE 5 Third Skill Conclusion



Bottling and secondary fermentation

- When you like the flavor it will get tangier and less sweet – decant into sanitized jars that can withstand pressure and hold an airtight seal. Save about a pint of starter liquid and the SCOBY for your next batch.
- Add 10 20 % v/v juice or fruit. Or add herbs and/or spices to taste.
- Cap tightly and leave at room temperature 1 – 3 days depending on room temperature and then transfer to refrigerator.

Third Skill

Conclusion

PAGE 6

Summary

First Skill

Here is what we learned

- Preparing the tea:
 - Use "regular" caffeinated green or black Tea (not a herbal or tisane) to maintain a healthy SCOBY. Use real table sugar (sucrose) for a predictable and safe fermentation. Save honey or fructose sweeteners for secondary ferment.
- The SCOBY and primary bulk fermentation:

Keep it clean! Avoid introducing contaminant that may spoil the ferment (and ruin the SCOBY) or introduce "off" flavors. Don't forget to record the start date!

Bottling and secondary fermentation:
Now is the time to be creative and introduce other flavors!

Second Skill Conclusion PAGE 7