Fermented Food Kombucha

Kombucha is a fermented tea drink, fermented by a combination of bacteria and yeast. Many variations exist but it is generally a slightly carbonated and sweet drink.

Ingredients

- Tea
- Sugar
- Scoby

(Symbiotic Culture of Bacteria and Yeast)

Kombucha typically has about 0.5% alcohol content. This can vary depending on many factors such as sugar quantity and fermentation time. Something to keep in mind when drinking it.

Equipment

- 2 litre non-metal vessel
- Cloth
- Kettle
- Teapot

Background

The exact origins of kombucha are unknown, but it is at least 200 years old, possibly dating back 2,000 years. The name is thought to have originated from Japanese. Like all fermentations, the microbiology of kombucha varies from batch to batch, but generally the yeast *Saccharomyces* cerevisiae (bakers yeast) & acetic acid bacteria *Gluconacetobacter* are involved in the fermentation. Kombucha is high in polyphenols and vitamins B and C.

Procedure

1. Boil kettle, make tea in teapot using 3-6 teabags and ½ to 1 cup of sugar
2. Allow tea to cool to room temperature and add to a clean non-metallic vessel.
3. Add SCOBY and 200ml of previous kombucha tea (generally with preparation when purchased) to vessel.
4. Fill to 2 litres with cold water
5. Cover, and ferment for 7-14 days at room temperature

2nd Ferment

1. After separating kombucha from SCOBY, add fruit of choice, seal, and leave for 2-7 days at room temperature.
2. Strain tea from fruit
3. Following fermentation, store in fridge

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