

## The Recipe for 2 gallons of Kombucha

16 bags or 1 cup organic black tea or green tea (in a cloth bag)

2 cups organic cane sugar

8 quarts (2 gallons) of water

The SCOBY plus at least 2 cups of kombucha tea

A ceramic water dispenser (many other jars and dispensers can be used but this is my favorite because I don't need to move a large container filled with 2 gallons of liquid).

<https://www.bedbathandbeyond.com/store/product/primoceramic-crock-water-dispenser-with-stand/1040511429>

A clean kitchen towel

A heating pad without an automatic turnoff

### Directions:

- Place 8 quarts (2 gallons) of the water in a saucepan and bring to a boil.
- When the water boils, turn off the heat and add sugar and tea.
- Stir, cover and steep for 15 minutes.
- When the tea is warm but not hot (body temperature) add the cooled sweet tea to the SCOBY and the 2 cups of kombucha tea from the last batch
- Cover with a clean kitchen towel and place on the heating pad on low.
- Taste your kombucha every few days so you can know when it's ready. Drink it when it tastes good to you. It should be effervescent and a little sweet. The longer it sits the more acidic it tastes.
- NOTE: With each fermentation the SCOBY will get thicker as each new layer grows on top of the last. If it's too thick it will ferment too fast. When this happens peel off several layers from the bottom for your next batch, give it to a friend, put it in your SCOBY hotel (see below) or place in the compost.  
<http://www.culturesforhealth.com/use-extra-kombucha-scooby>

## Second Fermentation of Kombucha

Your kombucha is wonderful and tasty after the first fermentation but the magic and fun comes with the second fermentation. This is when flavors can be added and the kombucha takes on the effervescence of champaign (without the alcohol). What you will need:

**Bottle** - screw top bottles from mineral water are good because they are designed to hold bubbly liquids under pressure. My favorite are Gerolsteiner bottles. Some people prefer swing top bottles

[https://www.amazon.com/Wireless-Charger-Intelligent-Qi-Certified-Qi-Enabled/dp/B079YYZW76/ref=pd\\_lpo\\_79\\_t\\_0/140-8737289-7623662?\\_encoding=UTF8&pd\\_rd\\_i=B079YYZW76&pd\\_rd\\_r=e5ca5a4b-92c5-4978-9f71-4163266d4609&pd\\_rd\\_w=lsW6z&pd\\_rd\\_wg=Xlffw&pf\\_rd\\_p=7b36d496-f366-4631-94d3-61b87b52511b&pf\\_rd\\_r=HBJRTK249WG4ZNZAHREP&pvc=1&refRID=HBJRTK249WG4ZNZAHREP](https://www.amazon.com/Wireless-Charger-Intelligent-Qi-Certified-Qi-Enabled/dp/B079YYZW76/ref=pd_lpo_79_t_0/140-8737289-7623662?_encoding=UTF8&pd_rd_i=B079YYZW76&pd_rd_r=e5ca5a4b-92c5-4978-9f71-4163266d4609&pd_rd_w=lsW6z&pd_rd_wg=Xlffw&pf_rd_p=7b36d496-f366-4631-94d3-61b87b52511b&pf_rd_r=HBJRTK249WG4ZNZAHREP&pvc=1&refRID=HBJRTK249WG4ZNZAHREP).

Place in each bottle:

1 tablespoon of Organic Cane sugar

½ cup fruit juice or fresh fruit puree - I have had success with apple juice, grape juice <https://www.goodeggs.com/sfbay/kedemsfbay/biodynamic-grape-juice/58dc51646d1182000aba9aa7>, peach and sour cherry. I also like fresh lemon juice with grated ginger and/ or turmeric. I dilute the lemon juice 1:1 before adding to my bottles.

Swirl to mix sugar and juice.

Fill the bottle with kombucha to within 1 inch of the top to allow for effervescence.

Cap tightly

Turn the bottle upside down and swirl to make sure all the sugar is dissolved.

Place in a warm place or on another heating pad on the lowest setting.

After about 3-4 days carefully remove a cap to check for a “pop. It is done when it tastes good and there is a fizzy quality. This will take from 3-7 days depending on the

temperature.

Refrigerate and enjoy

### **How to make a SCOBY Hotel**

When your SCOBY gets too thick, remove layers from the underside of the SCOBY and place in a wide mouth mason jar and cover with kombucha tea. Cover with a lid and keep in a cool place (but not the refrigerator). From time to time add a little fresh kombucha to keep the SCOBY covered. This SCOBY will stay in suspended animation until you need to use it or give it to someone else.

### **What if you need to go on vacation?**

Kombucha is a very forgiving organism and can be left for long periods of time without intervention. After you have harvested your kombucha tea for your second fermentation make sure that the SCOBY is covered with tea plus about 2 inches. Then cover with a towel, turn off the heating pad and just go away. When you come back add new sweet tea and just keep going as above. If, for some reason, the SCOBY is not healthy when you return then you have many more starts in your SCOBY hotel.