



INSTRUCTIONS - HOW TO BREW 3 LITERS OF DELICIOUS KOMBUCHA

Equipment

- Large kettle for boiling water
- Glass mason jar, 3 L
- Piece of cloth
- String
- Steeping bags for tea
- 15g of loose leaf tea
- 180g of sugar
- Scoby aka kombucha culture
- Roughly 3 dl of unflavoured kombucha

MAKE SURE THAT ALL UTENSILS ARE CLEAN AND WASH YOUR HANDS =>

1. Boil water, approx. 2,7 liters. Turn off the stove.
2. Add tea in steeping bags and let steep for 20 min.
3. Remove tea and add sugar. Stir until sugar has dissolved.
4. Allow to cool to room temperature. Keep covered and avoid contamination. **Do not pour hot water or other liquids in the glass jar, as it will break.** Faster way of cooling down is to refrigerate the tea for a while.
5. After cooling down, pour liquid into the glass jar.
6. Add scoby and approx. 3 dl of starter tea which comes with the scoby. Starter tea is very strong kombucha which has been let ferment for a long time. It brings down the pH of your new batch of kombucha protecting it from harmful bacteria and kick-starting the fermentation. As a rule of thumb, always add 10% of starter tea when brewing a new batch of kombucha.
7. Cover with a clean cloth, paper towel or t-shirt material type. Do not use a cheesecloth as you need a tight weave to keep nasty fruit flies away. Secure with a string or a rubber band.
8. Set aside in a quiet undisturbed spot. Kombucha doesn't like direct sunlight. Room light is OK but dark cabinet is preferred. Optimal temperature is between 22-27 degrees Celsius. Too cold slows down and too hot speeds up the fermentation. Below 21 degrees is not recommended as it increases chance of mold happening.
9. Let kombucha ferment. Normal brew cycle is 7 - 14 days - shorter when it's hot. The first time takes longer to establish the culture. Sometimes up to 2 weeks. Use a straw to taste kombucha as it ferments. Kombucha should be semi-sweet with a cidery aroma and a pH 2.5 - 3.5. Longer fermentation results in more vinegary taste.
10. To harvest kombucha, remove approx. 3 dl and set aside to begin another batch. This is the starter tea to brew your next 3 liters of kombucha. Remove scoby and bottle your kombucha for either drinking straight or for secondary fermentation (flavouring).



INSTRUCTIONS: FLAVOURING - SECOND FERMENTATION

1. Pour kombucha in a bottle and cap it. Glass bottles with a stopper cap are well suited for this purpose.
2. Add flavouring agent and close the bottle. Fresh fruit, ginger or fresh herbs are the most common flavouring agents but feel free to experiment with jams, dried fruits etc. Remember that many flavouring agents have plenty of sugar which will reawaken the latent yeast in kombucha. That secondary fermentation will boost carbonation and change the flavour profile of your kombucha.
3. Open the cap daily to release excess pressure. **NOTE!** The bottle may break or the cap may damage if pressure is not released. It's a good idea to burp the bottle over a sink to avoid cleaning the kitchen in case of excess carbonation.
4. 1-4 days is typically enough for second fermentation. When you like the flavour and balance of the brew, refrigerate it and enjoy your delicious kombucha with friends.

There are many instructions for brewing kombucha including sugar / tea ratios but with this basic recipe you're guaranteed to succeed. Brewing kombucha is fun and you can be as creative as you'd like with experiment with new flavours and ingredients :)

SHARE YOUR KOMBUCHA ON INSTAGRAM

Did you brew a funky nettle kombucha or perhaps the best ginger kombucha in the whole Nordics? Post a picture of your best brews and brewing moments in Instagram and tag @thegoodguys_kombucha plus #munkombucha. Every month we feature the best, the funniest, or the quirkiest post on The Good Guys Kombucha's instagram.



MORE INSTRUCTIONS IN THE GOOD GUYS KOMBUCHA ACADEMY:

The Good Guys Kombucha Academy - www.thegoodguys.life/kombuchaopisto

Check out more information and inspiration for brewing kombucha:

The Big Book of Kombucha - available on The Good Guys webshop
<https://holvi.com/shop/thegoodguys/>

Youtube - search "kombucha brewing" or "kombucha second fermentation"

TRUST YOUR GUT FEELING!