



# kombucha recipe

MAKES 1 GALLON

## Ingredients:

- 10 grams loose leaf tea or 4 tea bags
- 3/4 cup of organic cane sugar
- 1 Gallon of filtered water
- Kombucha Culture aka SCOBY
- 2 Cups Kombucha

## Equipment:

- Wide mouth vessel
- Cloth to cover mouth of vessel (can use old t-shirt or cheesecloth)
- String or rubber band
- Thermometer
- Stirring Spoon
- PH meter/strips

## Instructions:

- 1) Bring 1 Quart of filtered water up to a boil and remove from heat.
- 2) Add tea and allow to steep for 10-15 minutes.
- 3) Remove tea and add sugar, stirring to dissolve.
- 4) Add remaining 3 quarts of filtered water.
- 5) Check to make sure water is below 90°F.
- 6) Add Kombucha Culture aka SCOBY along with the 2 Cups of Kombucha.
- 7) Cover vessel with cloth and rubber band/string.
- 8) Move vessel to a warm spot in your home out of direct sunlight.
- 9) Allow to ferment until PH is below 3.5 or until another SCOBY has formed. This usually takes between 7-10 days. It should smell pleasantly sour.
- 10) Bottle your kombucha, adding any flavors you might enjoy.

## Maintenance, Tips, and Tricks

- Don't be afraid to taste every couple of days until you reach desired sourness.
- Your first few batches may take longer or taste "off" until your kombucha culture acclimates to its new home. If it tastes sweet but you see a SCOBY forming, then just wait longer until it becomes sour.
- Colorful or fuzzy formations are signs that your batch has been contaminated. We recommend tossing the entire batch and sourcing a new kombucha culture.
- Check PH with meter/strips until you can gauge your batch with taste/smell alone. If your kombucha is below 3.5PH it is safe to consume. Some of my favorite sour batches have been as low as 2.5PH.
- Discard older SCOBYs as new ones forms. You can also dehydrate the SCOBY's into delicious jerky/dog treats!

[onelovekombucha.com](http://onelovekombucha.com)



**Questions? Email us at:**

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