

Kombucha Tea

Serves: 32 (4-fl. oz servings)

Prep Time: 35 minutes

Fermentation Time: 7-10 days

Ingredients:

3 Tbsp	Loose-leaf black tea (or 6 tea bags)
1/3 cup + 2 Tbsp	Loose-leaf green tea (or 13 tea bags)
1 gallon, divided	Water
1 cup	Granulated sugar
1 unit	SCOBY + starter liquid

Equipment:

- Pot, to heat water
- Food thermometer
- Timer
- Fermentation container, at least 1.5-gallon capacity, food-grade material and able to withstand heat (ex: glass or food-grade plastic)
- Strainer, if using loose-leaf tea
- Mixing spoon, at least 12 inches long, food grade (stainless steel, plastic), able to withstand heat and reach bottom of fermentation container
- Paper towel, coffee filter, or clean cheesecloth, to cover fermentation container
- String or large rubber band, to secure material covering fermentation container
- Masking tape or stick-on label
- Marker
- Bottles or jars, to store fully fermented kombucha

Instructions:

1. Wash hands with soap & warm water for at least **20 seconds**.
2. Clean equipment with soap & warm or hot water. Submerge cleaned equipment in hot water (**160°F**) for at least **30 seconds** to sanitize.
3. Measure the pH of the starter liquid according to the instructions on page 2.
4. Heat **4 cups** of water in pot to **160-170°F** using a food thermometer. When the appropriate temperature has been reached, remove the pot from heat.
5. Add the tea to pot to steep. Set timer to steep for **2 minutes**.
6. If using bagged tea, remove and discard tea bags once tea has finished steeping and pour tea into fermentation container. If using loose-leaf tea, place the strainer on top of fermentation container and pour the tea from pot through the strainer into fermentation container. Discard used tea leaves.
7. Add measured sugar. Stir with a mixing spoon to dissolve.
8. Add **12 cups** of cold water and stir with the mixing spoon. Take the temperature of the tea to make sure it is **below 95°F** prior to adding SCOBY.
9. Add SCOBY and starter liquid (**1 cup**) and stir well for **10 seconds**.
10. Dry and subsequently cover the opening of the container with a paper towel, coffee filter, or clean cheesecloth before securing the covering with a string or large rubber band.



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Instructions Continuation:

11. Mark the container with the date (this is Day 0 of the fermentation) using masking tape and a marker.
12. Allow kombucha to ferment at room temperature (**ideally 68-77°F**) for **7-10 days**.
13. Once the kombucha tea has fermented fully, pour the kombucha into clean and sanitized jars or bottles and promptly refrigerate. **Discard kombucha after 30 days.**

Measure the pH:

1. Use a tablespoon of starter liquid for testing.
2. Utilize a pH strip or litmus paper according to the manufacturer's instructions to measure the pH of the kombucha.
3. Based on the pH results, refer to the decision tree below:
 - If the pH is:
 - > **4.0**: Do not make kombucha using the starter liquid.
 - ≤ **4.0**: Follow step 4 on page 1 to continue fermentation process.
4. Discard the starter liquid used for testing after test is complete.



If the pH of starter liquid is > 4.0, you will need new and fresh starter liquid to make kombucha. Otherwise, the fermentation process may be compromised.

Caution!!!

Storing kombucha in airtight containers can cause the accumulation of CO₂ (carbonation), potentially leading to an explosion if not regularly monitored.

Serving Suggestions (after fermentation) :

- **Greens:**
 - Muddle the kombucha with fresh mint or lemon balm and garnish with cucumber slices. Add ice.
- **Fruits:**
 - Blend the kombucha with your favorite fruits and ice.
- **Roots:**
 - Mix with fresh or dry ginger, add honey if desired, and serve over ice.
- **Greens + Fruits:**
 - Mix kombucha with pureed strawberries and basil. Add ice.



If mixing additional ingredients (after fermentation), drink immediately or refrigerate for up to two days.

