

The Mavis Institute

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Kombucha



Kombucha tea is made by combining tea, sugar and a living culture know as a “Mother” or “Scoby”. This culture is basically yeast and bacteria. This is what give the tea all its health benefits. The Mother or Scoby basically eats the sugar, growing in size while fermenting the tea. So the end result of a pure Kombucha tea is nearly sugar free.

The Tartarian's called the fermented tea as “The Tea of Immortality” because of its vast health benefits. Kombucha has been brewed since ~200 BC.



Ingredients

- 1 Kombucha Scoby**
- 1/2 cup sugar – organic preferred***
- Tea or Tea Bags**
- 1 quart of chlorine free water ***

Equipment

Material Check List

- Glass Jar**
- Mesh strainer or cheesecloth**
- Coffee Filter / Cloth and Rubber Band**
- Or Fermentation Cap**
- Spoon, measuring cup and funnel**
- Bottles or jars for finished kombucha**



Directions

Combine hot water and sugar in a glass jar. Stir until the sugar dissolves. (or simple syrup) The water should be hot enough to steep the tea but does not have to be boiling.

Place the tea in the sugar water to steep. Cool the mixture to 68-85°F. The tea may be left in the liquid as it cools or removed after the first 10-15 minutes. The longer the tea is left in the liquid, the stronger the tea will be.

Remove the tea bags or completely strain the loose tea leaves from the liquid.

Add starter tea from a previous batch. Add an active kombucha SCOBY, and 10% of the past kombucha

Cover the jar with a tight-weave towel or coffee filter and secure with a rubber band.

Allow the mixture to sit undisturbed at 68-85°F, out of direct sunlight, for 7-30 days, or to taste. The longer the kombucha ferments, the less sweet and more vinegary it will taste.

Pour kombucha off the top of the jar for consuming.

Retain the SCOBY and enough liquid from the bottom of the jar to use as starter tea for the next batch.(10% or so)

The finished kombucha can be flavored and bottled, if desired, or enjoyed plain.

Ratios for Flavoring

If flavoring with fresh, frozen, or dried fruit, start with 10-30% fruit and 70-90% Kombucha.

If flavoring with juice, start with 10-20% juice and 80-90% Kombucha.

For flavor extracts such as almond or vanilla extract, start with 1/4 teaspoon extract per cup of kombucha and adjust to taste.

*Remember the flavor will continue to develop during the second fermentation period.



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