

Known in China for over 2,000 years, Kombucha has gained notoriety in recent years. Its Japanese name combines tea (cha) and seaweed (kombu), although the reference to seaweed remains a mystery. It is a sweetened tea made of *Camelia sinensis* fermented with a symbiotic culture of bacteria and yeast ([SCOBY](#)). The 10-day fermentation period results in a sparkling drink full of nutrients: acetic, gluconic, lactic, malic, and usnic acids, vitamins B and C.

The recipes are numerous and typically easy. Here is Mycoboutique's:

Ingredients for the 1st fermentation

- The "mother Kombucha", also known as the SCOBY, which usually takes the shape of a gelatinous pancake.
- The nutritive liquid for the SCOBY which will be the [starter](#) for producing the drink.
- Non-chlorinated water to which the starter will be added so that the volume of water is at least 10 times that of the starter itself. For example, one liter of water for 10 cl of starter.
- Tea leaves in a proportion of 5g / liter of water (*Camelia sinensis* tea or other, except aromatic tea which contains essential oils that inhibit the fermentation).
- Table sugar, 80g / liter of water or more to taste.

Ingredients for the 2nd fermentation

- Fermented tea from the 1st fermentation.
- Fruits, juiced, mashed or in pieces either fresh, dried, or frozen. Ginger, spices, and herbs in a proportion of less than one fifth of the total volume of the liquid from the first fermentation.

1st fermentation

1. Infuse 5g of tea leaves per liter of water for desired time and sweeten with at least 80g of table sugar per liter. Remove the leaves. Allow to cool in a glass or ceramic container (avoid metal and plastic).
2. Add the starter to the tea. Cover the container with a clean non-waterproof cloth protecting from insects to initiate aerobic fermentation (exposed to air).
3. Let stand 4-7 days at 24-30°C.
4. If molds appear, dispose of everything, and start over. Molds should not be confused with tea residue or the growth of a second "mother".
5. For future use, collect the "mother" avoiding any contact with an oxidizing metal and keep it in the refrigerator in 200 ml of Kombucha from the 1st fermentation. This will be the starter liquid for a future brew.

2nd fermentation

6. In the container used for the 1st fermentation, flavor the Kombucha as desired and let it ferment for another 2-3 days.
7. Filter if necessary and pour the Kombucha in convenient [bottles](#).
8. Carbonate, always at room temperature, prolonging fermentation in a closed bottle by one day. CAUTION: avoid excessive pressure and bursting of the bottles by releasing the pressure regularly and gradually.
9. Refrigerate and consume as you wish.