

F E R M E N T E D   D R I N K S

R E

C I

P I E S



J A N I C E   C L Y N E

## GENERAL RECOMMENDATIONS

Happy Kombucha sell a wonderful range of all things for fermenting your own foods and drinks and I'd highly recommend them for kefir grains, scobys, equipment, bottles and everything else you need. You can find them at [happykombucha.co.uk](http://happykombucha.co.uk).

Alternatively join the Facebook Group UK Fermenting Friends. Members have all sorts of scobys, water kefir grains & milk kefir grains, which they are happy to share for the cost of postage. This is a great way to get started at almost zero cost! In terms of equipment, all you need is a large plastic bowl, preferably with a pouring edge, a plastic sieve, plastic measuring jug, scales to weigh the sugar, a wooden spoon, and some glass clip top bottles. These are all available from Home Bargains and all the supermarkets!

The other important thing you need for brewing Kombucha is a suitable glass or ceramic container. Kombucha is an aerobic fermentation which needs oxygen to thrive so you want a large surface area at the top, so ideally a jar, same width all the way up, not one which narrows at the top. If you buy one of the glass containers with a wee tap and clip top, leave the top open and cover it with a cloth.

# KOMBUCHA

---

I've been happily brewing my own kombucha for years now and I just love it. It's essentially sweetened green tea and the addition of a SCOBY (symbiotic culture of bacteria and yeast) converts it into the most wonderful health drink. It tastes like lightly sparkling cider and can be flavoured with fresh fruit juice, pieces of fruit, herbs and spices.

## • What you need

- Large plastic bowl for brewing tea
- Organic tea bags, green, white or black
- sugar
- Filtered water
- Scoby
- Large glass jar
- Clip top Glass bottles for storing.
- Initially with a new scoby; 2 litres of tea is enough to start with

## • Method

Add 6 teabags to 2 litres of boiled filtered water in a large plastic bowl, add 150g sugar, stir to dissolve and leave for 15 to 20 minutes. Remove the teabags and leave the tea to cool. Wait until the tea is at room temperature before you add the scoby since heat can kill it!

Also, DO NOT TOUCH IT WITH METAL, remove all rings before you touch your scoby. It is very sensitive to metal and you have to treat it with respect.

Pour the cooled tea into your large glass jar and carefully add your scoby and a cup of starter tea. This lowers the pH and prevents mould growing! Its generally 10% of the total volume, so if you are making 2litres then add 200mls tea from your previous batch.

If you are starting with 1 litre then you just need 100ml starter tea!

Place a cloth over the opening of your jar and secure it with a rubber band. This keeps dust and mould spores out of the fermenting tea.

Let the covered container sit in a well ventilated, dark place at a temperature between 22C to 26C for 7- 15 days. A heating belt or heating tray is great for keeping the temperature stable. To determine if your kombucha is ready, taste it every couple of days, starting on the seventh day. The tea should taste tart, not sweet. If its still sweet, then leave it and taste it again a few days later.

It shouldn't taste overly tart but you can still use it. I use vinegary kombucha in salad dressings and as a hair rinse!

When the tea is fermented to your taste, just pour it into glass clip top bottles and store in the fridge. You can keep it for months, it will become more tart over time, but you can still

use it. Please remember to open the bottles carefully even if they are stored in the fridge, they are still active, and can become fizzy and give you a real fright when you open them!

## • **Second Ferment**

To Second Ferment your kombucha to add a bit of fizz and some flavour, you can add fruit juice, pieces of fruit, ginger, dried flowers, lemon, herbs or any other flavouring you like.

Simply decant your finished kombucha into clip top bottles and add your flavouring, then leave at room temperature for a few days.

You need to burp the bottles to release excess CO2, exploding bottles is not fun!! Once you are happy with the flavour, move to the fridge!

A wee note; bottle your kombucha when it's still a bit on the sweet side for maximum fizz - you can add a wee bit of maple syrup or raw honey for extra fizz!

Some flavour combinations:

- **Lemon and ginger** (don't add lemon rind, its bitter, use juice or peeled lemon)

This is a classic and a favourite with most people! Finely grate the ginger and add around 1 teaspoon per 500ml bottle and the juice of ½ lemon. Add less to start then taste it and add more to your own preference.

- **Mixed berry & lavender**

Add around 2 tablespoons either fresh, frozen or pureed berries & a pinch of dried lavender.

- **Pineapple & lime**

Go easy with this one, pineapple is very sweet so creates a really fizzy kombucha. Just add about half a slice of fresh pineapple, chopped small and a squeeze of lime juice. Mint also goes well so add a sprig if you have one!

- **Lavender, camomile, rosemary & lemon balm**

Add a sprig of each or ¼ tsp dried lavender and camomile

- **Strawberry & rose**

This is a summer classic! Strawberries also work well with basil and lime! You can use fresh rose petals, so long as they haven't been sprayed with pesticides!

- **Blueberry & lemon**

Frozen blueberries work well, just bash them up a bit and add a squeeze of lemon.

- **Rhubarb & ginger**

This is a perfect spring flavour, when rhubarb is at its peak. For best flavour juice or blend the rhubarb and finely grate the ginger.

The only limit is your imagination! Use whatever seasonal fruits you have to hand. Frozen fruits are great too, just defrost them and mash them up a bit

The smaller you chop the fruit, the more flavour your kombucha will have. Don't add big pieces of fruit, they tend to get stuck in the neck of the bottle!

The amounts you use are entirely up to you, but go easy with flavourings like lavender, rose and camomile! ¼ teaspoon is generally plenty!

Fresh herbs, just add a few sprigs, preferably freshly picked from the garden!

I find that juicing or blending the fruit gives the best flavour and fizz! I generally add about 100mls to 400mls of kombucha.

Some fruits create a real fizz especially tropical fruits like pineapple and mango! The sweeter the fruit, the more fizz your drink will have!

You can just leave the fruit in the bottles and eat it when you pour! Some people prefer to sieve the fruit out once the kombucha has a desired flavour but that's an extra step I can't be bothered with!

## **Coffee Kombucha**

Coffee kombucha has become very trendy and its delicious! It tastes a bit like Tia Maria!

You can convert a normal scoby to coffee but then you can't use it again for tea! All you do is prepare a litre of coffee and add 50g raw cane sugar. Stir to dissolve, then cool to room temperature. Coffee is already acidic so you don't need any starter. Just add your scoby, cover with a cloth and secure with a rubber band. This is a faster ferment and generally only takes between 5 to 7 days.

As with everything else, the quality of the coffee beans massively affects the flavour of your kombucha. You want coffee with sweet or chocolatey flavour notes.

Dear Green Coffee are an award-winning local company and sell fabulous coffee.

I have used their Peruvian blend and also Brazilian but the Peruvian beans are by far the most popular with everyone! Since coffee is a strong flavour, you are a bit limited in what you can add to second ferment it!

So far, I have tried cardamom pods, mulled spice syrup, frozen cherries and vanilla! Think of all the flavours which the coffee shops sell and try a few different ones!

Coffee Kombucha topped with coconut kefir and a sprinkle of cacao is utterly delicious!!

My take on an Espresso Martini is fabulous! I call it 'In the Pink', just blend coffee kombucha with frozen cherries and martini! You can vary the amounts according to your preference, or just replace the martini with tonic water for a non alcoholic version!

## **Hibiscus Kombucha**

Hibiscus kombucha is a fabulous choice and any green or black tea scoby can be adapted to Hibiscus tea. It's a fabulous pink colour and tastes a bit like cranberry. My Hibiscus Scoby is called Rosie!

Hibiscus tea is caffeine free, high in vitamin C and has been attributed with many health benefits! Among them reducing blood pressure, reducing cholesterol, improving digestion and boosting the immune system. Once you ferment it the organic acid content increases and of course you add all the probiotic benefits too!

This is a weaker tea and I use 3 hibiscus teabags for 2 litres. Only steep for 6 to 10 minutes and add 75g per litre sugar. You need to add tea from a previous batch to increase the acidity, in the same way as normal kombucha. So 200ml for 2 litres.

This is also a faster ferment so only 5 to 7 days, generally depending on the temperature!

You can second ferment with blueberries, mixed berries, brambles, lavender or rose but Hibiscus Kombucha is delicious on its own!

## OTHERS RECIPES WITH KOMBUCHA

### Fermented Grapes

Wash enough grapes to fill a 500ml glass jar, add 2 tablespoons of kombucha or water kefir, a pinch of sea salt and fill to the top with filtered water.

Leave to ferment at room temperature for 2 or 3 days. You will start to see some bubbles which shows that fermentation is happening! Transfer to the fridge and enjoy as a wee probiotic snack. These are great with a cheese board or sliced in a waldorf salad.

They also freeze well! Fermented Frapes!! Fabulous instead of ice, in your drink! Fermented fruit is best enjoyed within a few weeks, it tends to go a bit alcoholic with longer storage times!

### Kombucha Granita

This is a fabulous way to use kombucha! It's a perfect wee refreshing treat in the summer.

Just add a cup of kombucha, whatever flavour you like, and a cup of fruit, frozen or fresh, to a food processor or blender and add a couple of tablespoons maple syrup, Blitz it then pour onto a shallow tray and freeze for a few hours.

Use a fork to scrape it into bits and serve!

Be inventive and try different flavour combinations:

- Watermelon, lime and mint works great with mint or green tea kombucha.
- Honey mango works great with rhubarb & ginger kombucha
- Any berries work well with a fruity kombucha.

Have some fun and try different combinations.

When you freeze fruit, it tends to taste less sweet so taste it before you freeze it, and add some maple syrup or other sweetener if its too tart!

## **Probiotic Chocolate Bark with Coffee Kombucha**

This is quite simply the most delicious thing ever!! I think I invented it, and boy it's a really great invention!

Melt 2 bars of dark chocolate (200g) with a tablespoon coconut oil. Let it cool a bit, then add ¼ to ½ cup coconut kefir or 75 to 100mls coffee kombucha. Mix it well then pour onto a baking tray, lined with greaseproof paper.

Pour the chocolate mixture onto the tray, smooth it out a bit, then sprinkle liberally with toppings of your choice! A wee sprinkling of sea salt is a great addition, goji berries, sunflower seeds, pumpkin seeds, nuts, hemp seeds, coconut, dried fruit all work well.

Transfer to the freezer and freeze until solid then break into pieces and enjoy.

This is best enjoyed straight from the freezer!

You can up the ante on the health benefits by adding ½ tsp maca, lacuma or baobab powder with the kefir or kombucha.

## **Kombucha Vinegar**

If you leave your kombucha to ferment too long, you end up with vinegar! It generally takes between 30 to 60 days to create vinegar, rather than just tart kombucha. Here are 2 simple recipes to jazz it up a bit!

### **Lemon & Rosemary Vinegar**

- ½ lemon washed and thinly sliced or chopped
- 1 heaped tablespoon chopped rosemary
- 500 mls kombucha vinegar

Add all the ingredients to a clean glass bottle and leave to infuse for a week. Strain the vinegar into a clean bottle and keep at room temperature.

### **Spice Vinegar**

This is a lovely infusion of warming spices and makes a great marinade!

- 500 mls kombucha vinegar
- 1 teaspoon fresh ginger, finely chopped
- 1 tablespoon raw cane sugar
- 1 tsp whole allspice
- 1 tsp black peppercorns
- 1 tsp cloves
- 1 tsp coriander seeds
- ½ tsp sea salt

Put all the ingredients into a clean 1 litre jar and infuse for 2 weeks at room temperature. Strain into a clean bottle and use within 6 months.

## KOMBUCHA FOR BEAUTY & CLEANING

Kombucha makes an awesome cleanser, toner and hair rinse, It has a pH of around 5.5, same as our skin. Most cleansers and shampoos are alkaline and strip the natural oils from our skin, which isn't great!! You can add essential oils or infuse herbs, rosemary is great as a hair rinse!

Kombucha has antibacterial properties so is great for treating acne.

Adding a cup of kombucha to a basin of hot water and steaming your face is a great way to clear sinus problems! Adding some to your bath will relieve aching muscles and improve your skin tone.

Adding some to pets drinking water has many benefits for skin complaints and digestive problems. You can use a piece of scoby on burns, cuts and scars for pretty fast healing!

If you have spare scobys then you can use one as an invigorating body rub or put it on your face as a fantastic mask! Its full of organic acids so works like an acid peel! Best way to exfoliate and clear dead skin cells. It can be a bit harsh so if you have sensitive skin, maybe don't try this!

You can also blend some scoby with your moisturiser!



# WATER KEFIR

---

It doesn't get much simpler than water kefir. All you need are some water kefir grains, some sugar and water! For each tablespoon of grains, you need a tablespoon sugar dissolved in a cup of water (250mls). Put grains and water into a glass jar, cover with cloth and leave at room temp for 48 hours.

Strain the grains out, using a plastic sieve, pour the water kefir into a clip top bottle and add flavourings. Leave for a day or two to develop some fizz, then move to the fridge.

Just add the grains to more sugar water to start another batch. I add a few organic raisins to add some minerals and a wee pinch of Himalyan salt.

My favourite flavour of water kefir is orange and passionfruit! Its like an upmarket orangina! I add the juice of 2 oranges and the flesh from a passion fruit to around 500mls water kefir and leave it for up to 2 days to ferment, then store it in the fridge.

Word of warning re water kefir, it can be explosively fizzy, especially in warm weather and if you added sweet fruit to flavour it. Pineapple, mango, strawberries can all create explosive kefir, so only leave for a few hours to carbonate, burp bottles daily, to release any Co2, unless you want a sticky fountain of kefir all over the kitchen, or even worse, an exploded glass bottle!

You can also use coconut water to make a fizzy probiotic kefir.

You don't need sugar, since coconut water already contains sugar. Just add 2 tablespoons water kefir grains to 500ml coconut water and ferment for 24 hours. There are lots of minerals in coconut water which can overwhelm your wee kefir grains, so you need to go back to using sugar water for the next few batches!

# SWITCHEL

---

If you don't fancy brewing your own kombucha then Switchel is a great alternative fermented drink, dating back to the Amish people.

It's a simple add everything to a jar and leave overnight type of drink. It contains some stellar ingredients, among them Apple Cider Vinegar, which is already naturally fermented, grated ginger, maple syrup and lemon juice.

Switchel restores electrolytes, eases pain and inflammation, balances Ph, keeps blood sugar levels balanced and aids digestion!

It's a very refreshing drink especially when diluted with sparkling water! Here is the simple recipe

- 2 tablespoons apple cider vinegar
- 3 tablespoons maple syrup
- 1 tablespoon grated ginger
- 1 tablespoon lemon juice
- 2 cups water
- 2 cups of sparkling water to serve

## Method

Simply add all the ingredients to a glass jar, give it all a good mix, cover and then put in the fridge overnight. To serve just mix with an equal volume of sparkling water for a deliciously refreshing drink! Alternatively, just add 4 cups of water to the ingredients at the start and serve as is!

Having tried it, it's definitely more refreshing with the sparkling water but that's just my opinion. You can strain the ginger out if you don't fancy lots of bits in your drink!

## Beetroot & Apple Kvass

Another great way to create a probiotic drink is to just add fruit/veggies to a glass jar, top it up with filtered water, cover it with a cloth and a rubber band and leave it somewhere warm to ferment for a few days. Stirring it a couple of times will speed the process up and there are so many options with this method. I much prefer this version of Beetroot Kvass. Traditionally it is just beetroot fermented in a salt brine and it just tastes like salty, earthy beetroot! This version is much lighter, a fabulous colour and very refreshing!

- 1 raw beetroot, washed and cut into cubes
- 1 apple, washed and cut into pieces, peeled if not organic
- Filtered water
- 1 tsp freshly grated ginger

As above just add beetroot and apple to your glass jar, fill it to the top with filtered water, cover it and ferment from 3 to 7 days. You will see bubbles showing that fermentation is proceeding. Stir it a few times to aerate it which will speed up the process. Strain it through a sieve into a clean clip top bottle and add the ginger. Seal the bottle and leave a few days to develop a bit of fizz. This isn't massively fizzy since there isn't much sugar in it! Put it into the fridge and enjoy a wee glass as a perfect blood cleanser, liver support and detox drink!