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KOMBUCHA REVOLUTION

75 Recipes for
Homemade Brews,
Fixers, Elixirs,
and Mixers

Chapter 1

**HOME BREWS
AND INFUSIONS**



BAMBUCHA

I love bamboo. I grow it in my backyard, and I appreciate it as the most sustainable building material in the world. When I learned that a company in my hometown of Portland, Oregon, manufactures and sells handcrafted bamboo products like cutting boards and utensils—and brews their own kombucha—I just had to find out more about these folks. Their infusion BambuCha (a clever combination of their company name, Bambu, and “cha,” which means tea in Chinese) has become a favorite of mine, with its berry-based sweetness and ginger-chile kick. If you like, add healthy chia seeds for a “bubble-tea” effect. **MAKES 1 GALLON**

14 cups purified water
10 to 12 tea bags or
5 tablespoons (20 grams)
loose-leaf white tea
6 to 8 tea bags or
3 tablespoons (15 grams)
loose-leaf black tea
1 cup evaporated cane
sugar
2 cups starter tea
(see page 10)
1 SCOBY (see page 7)
2 cups strawberries,
sliced
2 cups goji berries
2 tablespoons peeled
and grated fresh ginger
2 small chiles, seeded
and sliced
 $\frac{1}{2}$ cup chia seeds,
hydrated (optional; see
page 42)

Heat 6 cups of the water in a stainless steel saucepan to 212°F over medium heat, then remove from the heat. Add the tea, stir well, and cover. Steep for 4 minutes, stirring once at 2 minutes. Remove the tea bags or pour the tea through a colander or fine-mesh strainer into a second pot. Compost the tea.

Add the sugar and stir until dissolved. Add the remaining 8 cups of water to cool the tea to about room temperature (72°F or cooler). Add the starter tea and stir. Pour into a 1-gallon jar.

With rinsed hands, carefully lay your SCOBY on the surface of the tea. Cover the opening of the jar with a clean cotton cloth and hold it in place with a rubber band. Place your jar in a warm spot (72°F to 78°F) out of direct sunlight and leave undisturbed to ferment for 7 days.

Taste your kombucha using a straw. Does it taste too sweet? Let it go a few more days before tasting again. Is it sufficiently tart and you love it? Great! Time for the next step.

continued

Bambucha, *continued*

Carefully remove the SCOBY with rinsed hands and place on a clean porcelain or glass plate or bowl bathed in kombucha. This will be your culture for the next batch. If immediately proceeding with another batch, reserve about 2 cups of the finished kombucha for the starter tea of your next brew. (Otherwise, to put your SCOBY to rest, see page 8.)

Divide the strawberries, goji berries, ginger, chiles, and chia equally among the bottles. Fill the bottles with the kombucha using a spouted measuring cup (for an easy pour) and a plastic funnel, leaving about 1 inch of air space in the neck of the bottle. As you pour, you may want use a fine-mesh strainer to filter out yeast strands. Cap tightly.

For the optional secondary fermentation, simply store the capped bottles in a warm dry place (72°F to 78°F is best) for 48 hours. Be aware that the sugars present will add fuel to the fermentation action in the bottle, which will increase the pressure inside the bottles. After 48 hours, chill one of the bottles for at least 6 hours. Crack it open and pour it into a glass. If it effervesces, you've done it! If you want more carbonation, let it go for a few more days and test again with another chilled bottle. When you're pleased with the carbonation, refrigerate all the bottles to end the fermentation. Strain when serving if desired.



CHIA SEEDS

Chia seeds are packed with omega-3s, antioxidants, fiber, and protein. To prepare, soak $\frac{1}{2}$ cup in 1 cup water for about 20 minutes, stirring occasionally to keep the seeds from clumping. The result will be a chia gel that can be added to your kombucha during bottling (before the secondary fermentation). You can also add it to a kombucha cocktail, vinegar, or sauce right before enjoying.

