Kombucha & Milk Kefir

Double header!
Notes

Don’t make notes, I will email you the slides. Be sure to vote for future subjects you want. Be sure I can read your email address so I can notify you when something of interest is coming up.
We are talking about plain products, no jam!
Kombucha

What is it?

Fermented tea with sugar added
Sugar forms food for the fermentation
Why make it?

Interesting, “fruity” flavor
Lots of probiotics
Can be the base of soft drinks by adding sweets
Do you like it??

- Have a sample
- Plain
- Sweetened
- Carbonated
- Sweetened and carbonated
- With fruit/fruit juice added
- Come have a taste, pick up and keep cup
Materials required

Saucepan
Strainer
1L Pyrex cup
Sugar
Tea
Dechloraminated water (Campden tabs)
Jars with narrow mouths
Paper towels
and...
Digital thermometer
SCOBY

Symbiotic Colony Of Bacteria and Yeast
Plan

- Heat 1L dechloraminated water to 170F
- Add 20g green organic tea
- Stir, wait 2', stir, wait 2', stir
- Strain out tea leaves
- Add .5 cup sugar and stir to dissolve
- Add 1L cool dechloraminated water
- Cool to room temp, pour into jars
- Add SCOBYs, cover with paper towel, date
Here is the result:
1 Campden tablet dechloraminates 3 gallons
Costs about $.03 at a homebrew store
So dissolve 1 tab in 3 ounces tap water
Set aside for future use
Use 1 oz for 1 gallon
Use 1 tablespoon for 2 quarts
Use ½ tablespoon for 1 quart
Kombucha

Questions?

Then short break
Milk Kefir

What is it?

Lightly fermented milk, somewhat like yogurt
But milder, thinner more like buttermilk
Like yogurt you can use a variety of fat content milks to make it
Come have a taste with your cup
Materials needed

Milk, plastic tubs, SCOBYS

pH meter is nice
Plan

Heat milk to 80F
Pour into tub ½ full
Add SCOBY
Cover with paper towel and rubber band
Ferment at room temperature
How long to ferment?

18-48 hours
pH and thickening are your best guides to maturity
If you ferment longer you get a stronger flavor
BUT it is hard on your SCOBY
SCOBY likes 75F, frequent stirring, 16 hours
Milk Kefir

Questions?

And what you have been waiting for...
The freebees
Kombucha SCOBY and starter
Kefir taste and SCOBY
Who brought 3 pint tubs with lids?