

Kombucha & Milk Kefir

Double header !

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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



Scale



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:



Dechloraminated water

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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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?