

Basic Kombucha

Prep time:

5 minutes

Ingredients:

- 1 cup sugar
- 4-6 bags tea – for loose leaf, 1 bag of tea = 1 tsp
- [Kombucha Starter Culture – SCOBY](#)
- 1 cup starter liquid
- water
- tea kettle
- brewing vessel
- cloth cover
- rubber band

Directions:

1. Boil 4 cups of water.
2. Add hot water & tea bags to pot or brewing vessel.
3. Steep 5-15 minutes, then remove tea bags.
4. Add sugar and stir to dissolve.
5. Fill vessel most of the way with water, leaving just 1-2 inches from the top for breathing room with cold water.
6. Add SCOBY and starter liquid.
7. Cover with cloth cover and secure with the rubber band.
8. Set in a warm location out of direct sunlight.
9. Do not disturb for 7 days.
 - After 7 days, or when you are ready to taste your KT, gently insert a straw beneath the SCOBY and take a sip. If too tart, then reduce your brewing cycle next time. If too sweet, allow to brew for a few more days. Continue to taste every day or so until you reach your optimum flavor preference. Your own Kombucha Tea Recipe may vary.
 - Decant & flavor (optional).