

DIY Guide to **Lacto-Fermented Sodas & Other Goodies**

from Kombucha Kamp

At Kombucha Kamp, our mission is to heal the world one gut at a time. We understand that humans have evolved to crave fizz – specifically fizz from naturally fermented drinks because it signals the presence of yeast! Sadly, many of our fermented “soft” drinks disappeared and have been replaced by unhealthy substitutes designed to mimic natural sodas.

This Mini DIY Guide will help you and your family get the fizz you crave without the empty calories and sickening chemicals. Plus your body will thank you as they contain a host of healthy bacteria and nutrition in a living form that your body has evolved to instantly recognize. The only limit to the infinite number of fun flavors is your imagination!



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WATER KEFIR aka Tibicos

KombuchaKamp.com/Kefir

Supplies

- ✓ 1 quart glass container
 - ✓ 2 cups water (NO CHLORINE – filtered, mineral or boiled)
 - ✓ ¼ cup sugar (evaporated cane juice crystals, brown sugar, rapadura, coconut palm sugar)
 - ✓ 1 Tbsp. Water Kefir grains
- **Get Living WK Grains Here****
- ✓ Plastic lid or cloth cover & rubber band (metal may create rusty condensation)
 - ✓ Remineralization Options: 4 raisins, ½ a fig, dash of molasses, ⅛ tsp ground egg shell or ⅛ tsp of baking soda (optional – add to increase mineral value to help the grains reproduce)



**To dechlorinate water, allow to sit for 24 hours or boil for 10 minutes then cool to needed temp.*

To scale up, use the ratio

of 1 Tb of Kefir Grains per 2 cups of sugar water.

Water Kefir Tips

- May also be used to ferment coconut water.
- Grains do not need to be rinsed between uses.
- Grains do not always reproduce every batch but may be used again and again.
- If left longer than 48 hours, grains are at risk for starvation and may disappear.

Recipe

Makes 2 cups of Water Kefir

1. Add 2 cups of water to a clean glass jar. Water must be chlorine free.
**If using purified water through a filtration system, choose a remineralization option.*
2. Add ¼ cup sugar.
3. Stir to dissolve the sugar.
**Using sugar with higher mineral content, such as rapadura, piloncillo or turbinado, may help grains reproduce. Molasses is OK but avoid raw honey.*
4. Add 1 Tb of Water Kefir grains.
5. Cover with plastic lid. Let sit for 24-48 hours.
**A cloth cover may also be used but some find the grains prefer an anaerobic environment. We find the flavor is a bit tastier using a lid – experiment to find the method you prefer.*
6. The Water Kefir will be slightly fizzy with a pleasantly sweet (not sugary) taste. You may add flavors for a second fermentation or drink straight.

Flavoring Suggestions

- Fruity Refresher
 - Fresh berries – sliced
 - Squeeze of lime
- Ginger Fizz
 - Slice of fresh ginger
 - Squeeze of lemon
- Creamy Vanilla Dream
 - 1/8 vanilla bean
 - ¼ tsp honey or sugar

Kombucha Mamma Sez...

"Kefir grains are a living organism. Treat them with care and they will be your buddy for life!"

MILK KEFIR

KombuchaKamp.com/Kefir

Supplies

- ✓ 1 quart glass container
- ✓ 2 cups milk (raw is best, then pasteurized **whole** but not homogenized if possible)
- ✓ 1 Tbsp. Milk Kefir grains
- **Get Living MK Grains Here***
- ✓ Plastic lid or cloth cover & rubber band (metal may create rusty condensation)



Recipe

Makes 2 cups of Milk Kefir

1. Add 2 cups of milk to a clean glass jar. Best milk to use is raw milk. If not available then use pasteurized **whole** milk.
2. Add milk kefir grains (entire contents) to the milk.
3. Cover with the plastic lid or cloth cover & rubber band. Let sit for 24-48 hours.
4. The milk kefir will be slightly fizzy with a pleasantly sweet (not sugary) taste. You may add flavors for a second fermentation or drink straight.

**To scale up use a ratio of 1 Tbsp. Kefir Grains per 2 cups milk.*

Milk Kefir Tips

- Grains do NOT need to be rinsed between uses.
- Leaving kefir grains in milk for longer than 48 hours run the risk of starvation. Move to the fridge for longer term storage.
- 2nd ferment milk kefir by adding fruit or other flavors. Let it remain loosely covered at room temperature to build carbonation.

Flavoring Suggestions

- Tropical Smoothie
 - Mango, pineapple, or passion fruit
 - Honey to taste
 - Blend
- Strawberry Froth
 - Fresh strawberries
 - Mint leaves
 - Blend
- Chocolate "Shake"
 - 1 TB cacao powder
 - Dash of vanilla extract
 - Sweetener to taste
 - Blend

Kombucha Mamma Sez...

"Some say that good vibes, crystals, happy music, and talking or singing to your Kefir will encourage positive growth. ;)"

KEFIR CHEESE

KombuchaKamp.com/Kefir

Too much Milk Kefir? Kefir Cheese is a tasty, inexpensive substitute for cream cheese, sour cream and yogurt. Plus it's loaded with healthy bacteria for a pro-biotic punch.

Supplies

- ✓ 1 quart glass container
- ✓ 2 cups of milk kefir (allow the curds and whey to separate)
- ✓ Colander or strainer
- ✓ Cheesecloth or nut milk bag
- ✓ Bowl to catch whey
- ✓ Spoon or spatula



Recipe

Makes 2 cups of Kefir Cheese

1. Line colander or strainer with cheesecloth.
2. Place lined colander into bowl.
3. Pour the milk kefir into the cheesecloth.
4. Place in the fridge for 24/48 hours.
5. Once the cheese has desired firmness, use spatula to remove from cheesecloth.
6. Store in the fridge in a tightly covered container.
7. It will keep for several weeks or months.

Kombucha Mamma Sez...

"'Kef' means 'feel good' in Turkish. Consuming kefir is supposed to do exactly that!"

Kefir Cheese Dip

Kefir Cheese makes a delicious base for a variety of different dips. This is a quick one that I like to whip up. Feel free to experiment using your own fresh herbs and favorite flavors.

Supplies

- ✓ 2 cups kefir cheese
- ✓ Handful of fresh herbs – thyme, rosemary, oregano, basil – chopped fine
- ✓ 1 clove of garlic, minced
- ✓ 2 TB olive oil
- ✓ 1 tsp Himalayan pink salt

Directions: Combine ingredients until smooth. Season to taste. The garlic will impart a more robust flavor the longer the dip sits. Serve with fresh veggies, pita chips or your favorite dipping nosh.

WHEY FERMENTED SODAS

KombuchaKamp.com/WheyFermentedSodas

The by-product of making kefir cheese is whey. Whey is a bacteria rich liquid that can be used in soups, smoothies or to feed pets. It also works as starter for cultured veggies and to make flavored sodas.

Use 1 cup of whey per quart of fresh juices & berries. Infuse the herbs in water, then strain before adding the whey. If the fruit isn't sweet enough on its own, add 1TB of sugar to help the fermentation process along.

Flavoring Suggestions

Here are some refreshing flavoring inspirations. They work equally well as Kombucha, kefir or jun flavors.

- ✓ **Ginger Lime Ale:** fresh ginger, squeeze of lime juice
- ✓ **Hibiscus Rose:** hibiscus flowers & rose hips
- ✓ **Grape Twist:** grape juice, orange juice
- ✓ **Cider Rush:** apple juice or apple cider, cinnamon stick
- ✓ **Garden Dew:** rosemary, thyme, lavender or other fresh herbs from your garden
- ✓ **Minty Fresh:** mint leaves, green tea bag
- ✓ **Lavender Lemonade:** fresh lavender flowers, half a lemon, fresh ginger
- ✓ **Dew Berry:** honeydew melon, fresh raspberries or blueberries
- ✓ **Pink Lemonade:** strawberries, half a lemon, thyme
- ✓ **Root Beer:** vanilla, sarsaparilla, sassafrass, wintergreen



Allow the ingredients to infuse for 12-24 hours, then strain into bottles for longer term storage. If stronger flavor is preferred, ferment a little longer.



JUN

KombuchaKamp.com/JUN

JUN cultures often look similar to Kombucha SCOBYs but instead of being an acetobacter ferment like Kombucha, it is a lactobacillus ferment. While KT is traditionally a black tea-sugar ferment, JUN is a green tea-raw honey ferment. It ferments at cooler temps and is very effervescent (use caution when bottling).

Supplies

- ✓ Tea kettle or pot
- ✓ 1 gallon glass container
- ✓ 3 quarts of purified water (NO CHLORINE*)
- ✓ 1 cup **raw** honey
- ✓ 4-5 tea bags or 4-5 tsp loose leaf **green tea**
- ✓ 1-2 cups of starter liquid
- ✓ JUN Culture

****Get a Genuine JUN**

Culture Here**

- ✓ Tightly woven cloth cover & rubber band (NO CHEESE CLOTH)

Recipe

Makes 1 gallon of Jun

1. Heat 4 cups of purified water in a tea kettle or pot.
2. Just as the water starts to boil, turn off heat & let cool 1-2 minutes, then add to your brewing vessel. Make sure your vessel isn't too cold or it could crack.
3. Add 4-5 organic green tea bags. Steep 10-15 minutes.
4. Remove the tea bags.
5. Add 2 quarts (8 cups) of purified water; this should bring the temperature of the



boiled water down to lukewarm (test with hand to make sure). No warmer than body temp (~100°F).

6. Stir in 1 cup of raw honey until dissolved. It may be tempting to add the honey while the water is still very hot to make it easier to dissolve but this may damage the bacteria that feed the Jun culture.
7. Add Jun & starter liquid.
(In future batches, retain a cup from the top of your brew to use as starter liquid.)
8. Cover container with a tightly woven cloth and rubber band.
9. Set your intention, bless your Jun or just say thanks. *(optional, but recommended)*
10. Place the container in a dark, cool-warm, ventilated area for 3-7 days (depending on taste, temperature, etc). **The Jun culture may rise to the top or sink to the bottom, doesn't matter, the new culture will always form at the top.**
11. When you are ready to test your Jun, take a straw and gently slide it beneath the new layer and have a sip. When it has the right balance of sour and sweet, then you are ready to decant. Allow at least 3 brewing cycles for the culture to integrate into its new environment.

***Ideal temp: 65°-75°F**

***Keep out of direct sunlight**

BEET KVASS

Beet kvass is a nourishing tonic that has a sweet and salty tang that is indescribably delicious. My favorite part is the pink 'stache left behind from sipping kvass. It is fermented, not by adding a starter, but rather by the yeast and bacteria naturally present on the beets. It can also be started using whey (see above). While some recommend using an airlock with kvass, I've found the flavor to be tastier when fermented with a cloth cover. It may grow a layer of fuzzy mold on top – simply spoon it off before consuming or bottling.

Supplies

- ✓ 3lbs of beets – cut into ½ inch cubes
- ✓ 2 teaspoons Himalayan pink salt
- ✓ Water to cover
- ✓ 1 gallon jar
- ✓ Cloth cover & rubber band or lid



Recipe

1. Place beet cubes into a 1-gallon jar or fermentation crock.
2. Cover with water until the crock is nearly full. Leave one inch of headspace and completely submerge the beets.
3. Add salt & whey (optional).
4. Cover with cloth cover or lid.
5. Allow the kvass to ferment at room temperature for at least one week before straining and serving.
6. Skim off any visible mold.
7. Decant into bottles, chill and enjoy!
8. Leftover beets may be used in salads or side dishes. Some folks may also like to get another round of kvass out of them before discarding.

Beet Kvass Martini

For a fun and healthy twist to the classic martini, try mixing your vodka or gin with beet kvass. I like to garnish with olives or pearly onions. Serve up or on the rocks.

Kombucha Mamma Sez...

"Use extra Kvass in soups or salad dressings for flavor and a liver/blood cleansing kick!"

FRUIT KVASS

Use your favorite in season fruits or those that are just slightly overripe. Combine fruits with fresh herbs and spices to create unique and healthy flavors.

Supplies

- ✓ 1 gallon jar
- ✓ 1-2lbs of fresh fruit
- ✓ 1 inch of ginger, peeled & diced
- ✓ 1 TB raw honey or sugar
- ✓ Filtered or spring water

Recipe

1. Place fruit, honey and ginger in the jar.
2. Add water to fill up the jar, leaving about an inch from the top for headspace. This will allow room for the pressure from the natural carbonation to build.

3. Tightly close the jar. Leave at room temperature for 2-3 days.
4. Jostle the jar on a daily basis to prevent surface mold.
5. After 24 hours you will see fermentation bubbles.
6. Ferment to taste, then strain and store in the fridge.

Other Kvass Combinations

- cherry + raspberry + cardamom
- apple + raisins + cinnamon
- lemon + dried apricots + ginger
- mango + chai spices
- beet + apple + lemon balm
- nectarine + chamomile
- blackberry + peaches + vanilla bean
- dried prunes + lemon + ginger

Keep refrigerated for up to 1 week.

We hope this short guide shows you how easy it is to make a variety of healthy fermented food and drink at home. Trust Your Gut.

☺♥ Hannah



"Only Fresh Live Cultures available at Store.KombuchaKamp.Com or call me directly to place your order: 424.245.5867 - Happy Brewing!"

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