



SUMMER SLURPS, SIDES, SIZZLES & SWEETS

FROM
KOMBUCHA KAMP

*Recipes to "Bacteria Power"
your summer barbecue!*



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Intro



Summertime is here and with it all the tasty treats! This mini guide will provide a few of our favorite recipes with a fermented twist, packing not only flavor but a wallop of good microbes to boost immunity and mood.

In fact, if you don't tell anyone there's Kombucha in that, they might not even notice! Share which recipes you whip up for your friends and family on social media and tag @kombuchakamp.

01



S L U R P S



01

Flavors



Summer #FaveFlavs for Kombucha, JUN & Water Kefir

Here are some of my #faveflavs for Summer. Of course, The Big Book of Kombucha (TBBok) has another 200+ to inspire you. All recipes listed are per 16oz bottle. Refer to TBBok for gallon sized recipes. If using fresh flowers or herbs, double the amount listed in the recipe.

We recommend infusing flavors for 24-48 hours, then strain into clean bottles where they may continue to age at room temperature (provided they are stored safely to prevent any accidents) or in the fridge.

***Need to know how to brew up the booch, JUN or tibi?
Check the Resources section.***



Elderflower Lemon

***Recipe:**

½ tsp elderflowers

Juice of 1 lemon wedge

Zest of 1 lemon wedge



Summer Breeze

****Recipe:***

½ tsp dried chamomile flowers

1 pinch dried lavender flowers



Savory Salsa

***Recipe:**

1 TB cucumber diced
2TB tomato diced
⅛ tsp onion, diced
1 tsp cilantro
1 pinch of diced garlic



Shakes



**Slake your thirst with
these tasty quaffs.
Alcohol optional!**



Piña Colada Shake

Relax as your taste buds float down a river of vanilla and coconut and refresh as the sweet tang of pineapple and Kombucha quench your thirst for the exotic in this frothy treat.

****Recipe:***

1 cup vanilla ice cream

¼ cup Lime in the Coconut Kombucha (p.189, *The Big Book of Kombucha*)

2 tablespoons pineapple juice

½ cup ice

1 tablespoon flaked coconut

Fresh pineapple slice, garnish (optional)

Instructions: Scoop ice cream into blender and pour in the Kombucha, pineapple juice and simple syrup. Top off with ½ cup of ice and coconut flakes. Blend until smooth and finish with a pineapple slice garnish.



Rootbucha Float

Enjoy a healthy twist on this classic summer cooler. The creaminess of the ice cream balances the more medicinal notes of the Rootbucha. Mix and match flavors of ice cream and Kombucha to invent fun floats.

***Recipe:**

2 scoops of your favorite ice cream, sherbet, frozen yogurt
or non-dairy kreme

1 ½ - 2 cups of Rootbucha (p.145 or 203, *The Big Book of Kombucha*)

Instructions: Scoop ice cream into a tall glass. Slowly pour the Rootbucha over the ice cream. It may foam, add enough to fill glass. Top off with more Kombucha as you suck it down. Straws = fun!



Kocktails



***Want to make kocktails?
Download Kombucha Kamp's
Kocktail & Mocktail Guide.***



02

S I D E S

02

Cucumber Salad with Milk Kefir Dressing

Tangy milk kefir, cool cucumber with refreshing shallot and dill makes for an indulgent and probiotic packed side that will leave them slurping the left over dressing from the bottom of the bowl!

EXPERT TIP: We used the vinegar from our [Oak Barrel](#).

Recipe (Yield 4 servings):

1 1/2 lbs cucumbers

1 small shallot, minced (we used garlic)

2 TB chopped fresh dill

Dressing:

1/4 cup milk kefir (grains available [here](#))

1 tsp honey

2 tsp apple cider vinegar or Kombucha Vinegar 1/4 tsp finely ground unrefined sea salt

1/4 tsp ground white pepper (we used multi grain pepper)

Instructions: Peel cucumbers if their skin is tough and bitter, then halve them and scoop out the seeds with a spoon. Slice no thicker than 1/8 inch, and toss into a mixing bowl with the shallot and dill. Stir gently to distribute shallot and dill evenly among the cucumbers. In a separate bowl, whisk kefir with honey, vinegar, salt and white pepper until smooth and uniform. Pour dressing over the cucumbers, stir until well coated and serve.

Reprinted with permission from [The Nourished Kitchen by Jennifer McGruther](#) (Ten Speed Press, © 2014). Check out Jenny's latest offerings, [Broth & Stock](#) & [Vibrant Botanicals](#)



Gazboocho

Tomatoes traveled from South America to Spain, where gazpacho became the beloved cold tomato soup of Andalucía. Traditionally the ingredients were pounded with a mortar and pestle, but these days a few quick pulses of the food processor does the trick. This soup only gets better after some time in the fridge and tastes it great with a slice of Kombucha Sourdough bread slathered in butter.

**Recipe (Yields 4 servings):*

2 cloves garlic, minced

¼ cup red onion, diced

¼ cup SCOBY puree

2 cups tomato juice

3 cups fresh tomatoes, chopped (about 2 med tomatoes). *While canned may be substituted, we don't find that the flavor loss from the commercial canning process does the soup justice. Frozen or home-canned tomatoes would work.*

1 cup cucumber, diced

½ cup red bell pepper, chopped and seeded

¼ cup celery, diced

¼ cup extra virgin olive oil

½ cup Kombucha vinegar

2 teaspoons sugar

6 dashes Red Hot or other hot sauce, to taste
salt and pepper to taste

Garnish: Cilantro; Avocado slices

Dollop of sour cream, kefir cheese or yogurt

Instructions: In food processor/blender, combine minced garlic with 1/2 the red onion, cucumber, tomato, red pepper, celery, tomato juice and SCOBY. Add olive oil, KV, sugar, hot sauce, salt. Pulse until ingredients are blended and resemble salsa. Pour into a large non-reactive bowl and add rest of tomato juice, and remaining onion, cucumber, tomato, red pepper, and celery. Stir mixture and taste, adding more salt, pepper, and hot sauce. Chill in fridge 1-2 hours until cold. Remove soup from fridge and stir. Ladle into bowls and garnish with slivers of fresh avocado, dollop of sour cream or kefir cheese, and chopped cilantro.



Herbed Tomato & Feta Salad with Scallions

Herbs lend a range of flavors to any dish. We grow pots of herbs right outside the kitchen door so that whenever we need fresh flavor, it's handy. Scallions are easy because we just "cut their hair" and then it grows back! This salad may have been my first ever attempt at cooking with Kombucha and it remains one of my favorites because it tastes better each day. A joyous balance of salty, sour and savory with the snap of the scallion tying it all together!

**Recipe (Yields 2 servings):*

2 cloves garlic, minced

2 cups tomatoes, diced (about 3 medium tomatoes)

½ cup feta cheese, crumbled

1/3 cup Kombucha vinegar

1 scallion, chopped. Use white part for more spice, use green part for milder flavor – we use a little of both

1 teaspoon fresh herbs – thyme, oregano, chervil, tarragon, etc.

1 teaspoon salt

1 teaspoon pepper

Instructions: Chop tomatoes. I love all the juice the tomatoes create but if you want to reduce the liquid, remove seeds from 1/2 the tomato pieces before chopping. Combine remaining ingredients together. Add salt and pepper to taste. To deepen the flavor, allow it to sit in the fridge for a few hours.



*Image TBBOK

Kombucha Koleslaw

Shredded cabbage has been a side salad since ancient Roman times. Though mayonnaise had yet to appear on the culinary scene in those days, all of the other accoutrement were present including vinegar, oil, salt & pepper. From Ancient Rome to 21st Century America, the salad hasn't changed much. Based on the etymology, "koolsla" in Dutch, literally means cabbage salad. This version pays homage to the classic side dish we grew up with at family picnics. And this salad is another one that gets better the longer the flavors mingle, though we often eat it too quickly to find out. Make a double batch so everyone gets some!

**Recipe (Yields 3 1/2 cups):*

3 cups cabbage (red or green), shredded

½ cup carrot, shredded

½ cup "Auntie Hannah's" Kombucha Mayo (p.268, *The Big Book of Kombucha*)

1/8 cup Kombucha vinegar

½ teaspoon celery seed

Salt and pepper, to taste

Optional:

¼ cup raisins

¼ cup apple, diced

¼ cup dried cranberries

1/8 cup slivered almonds

Instructions: Combine cabbage, carrots, mayo, KV, and celery seed in a large non-reactive bowl. Add any optional items, then toss to coat cabbage and carrots thoroughly. Let slaw sit in fridge 30 minutes to allow flavors to merge.



Cucumber Kimchi *from Hungry Gopher*

Shredded cabbage has been a side salad since ancient Roman times. Though mayonnaise had yet to appear on the culinary scene in those days, all of the other accoutrement were present including vinegar, oil, salt & pepper. From Ancient Rome to 21st Century America, the salad hasn't changed much. Based on the etymology, "koolsla" in Dutch, literally means cabbage salad. This version pays homage to the classic side dish we grew up with at family picnics. And this salad is another one that gets better the longer the flavors mingle, though we often eat it too quickly to find out. Make a double batch so everyone gets some!

Recipe:

4 Persian cucumbers

1/4 medium onion, thinly sliced

1 cup garlic chives, cut into 2 inch pieces

½ tsp. garlic, minced

2 tsp. cane sugar

¾ tsp. kosher salt

1 tsp. fish sauce

2 Tbsp. Korean red pepper flakes *Adjust this amount to suit preferred spice level

Instructions: Trim ends of the cucumbers and cut in half lengthwise. Then, cut each half into quarters lengthwise. Put in medium mixing bowl.

Add rest of the ingredients and bring all together. Serve and enjoy.

Gopher's Tip: You can keep this in the refrigerator for up to 2-3 weeks, but personally, I like cucumber kimchi the best when it's freshly made.



03



S I Z Z L E S



03

Sizzles

The Grill is hot and the scent is smoky. Bring your secret sauce and wow them! Slather liberally on you choice of protein. All compliments to the chef!



Kombuchup BBQ Sauce

Want to win the BBQ sauce contest at the county fair? With Kombuchup as your secret ingredient, that blue ribbon may be within reach! At the very least, vegetables and meats are sure to take first prize with your family when you slather on this tangy, mouthwatering sauce. We also use it to make our famous SCOBY jerky (p.299, *The Big Book of Kombucha*).

**Recipe (Yields 2 1/2 cups):*

2 cups Kombuchup or ketchup (p.266, *The Big Book of Kombucha*)

2 TBSP Kombucha vinegar

2 TBSP Worcestershire sauce

1 TBSP brown sugar

1 TBSP sugar, to taste

1 TBSP lemon juice

2 tsp pepper

2 tsp onion powder

2 tsp ground mustard or 2 teaspoons Kombucha Mustard

Instructions: Combine all ingredients in a small non-reactive bowl. Store in fridge for up to two weeks. Some enjoy the more fermented flavor, whereas others do not – as always Trust your gut!



Kombucha Vinegar Marinated Grilled Lamb Shanks

"Using Kombucha vinegar marinade made the meat so soft, it just melted in our mouths. This recipe is fantastic. The rosemary comes gently through the meat—it is just amazing how well rosemary goes with lamb."

~Renee aka HellaD

****Recipe (Serves 2):***

2 lamb shanks (grass-fed is best!)

1/2 c KT Vinegar (or thereabouts)

2 sprigs of rosemary, chopped

3 cloves of garlic, minced

Instructions: Place lamb shanks into a dish and cover with Kombucha vinegar, add rosemary and garlic, and roll shanks around until they're coated. Place in fridge for 8 hours, or preferably overnight.

Preheat grill. Cook lamb shanks on the grill, basting every 15 mins with leftover marinade until browned on outside and red in center, about 30 minutes. Just before eating, add salt and pepper to taste.



04



04

Fruity Kombucha Coconut Sorbet

The heat of summer nights will melt away with this tasty dairy-free treat. Creamy coconut milk complements the tart Kombucha and sweet fruit in this icy treat. Using fresh fruit heightens the flavor and seasonality of the dish. Top with a dollop of fresh whipped cream.

****Recipe (Yields 1 pint):***

1 cup Kombucha

1 cup coconut milk

2 teaspoons vanilla

¼ cup honey

1 cup fruit, sliced

Instructions: Place all ingredients into a blender and puree. For a colder, creamy sorbet, add a few ice cubes. Pour into a container and freeze until set, about 30 minutes.



Love Potion Sorbet

Love Potion 99 (see Flavoring Suggestions - p.184, *The Big Book of Kombucha*) is the Kombucha Mamma's signature flavor. It starts with blueberries, which give a deep purple hue, and adds lavender and rose for a hint of floral. Using Love Potion Kombucha instead of plain adds another dimension to the fruity flavor.

****Recipe (Yields 1 pint):***

2 cups (about 1 pound) fresh or frozen blueberries, pureed

1½ cups Kombucha

2/3 cups sugar

1/3 cup simple syrup

1 tablespoon rose water

2 drops lavender essential oil (food grade)

Instructions: Add pureed blueberries, sugar and simple syrup to a saucepan over medium heat. Bring to a simmer, then remove from heat and refrigerate for at least 2 hours.

Add the Kombucha to the blueberry mixture and stir.

Pour the mixture into the ice cream maker and add rose water and lavender. Churn for 20-30 minutes. Transfer to a freezer safe container and freeze for a few hours until set.



Try Kombuch-icles!!

Fun and easy! Plus with electrolytes and probiotics, anyone can feel good refueling with one of these on a hot day.

****Recipe (Yields 2 cups):***

1-2 cups flavored Kombucha

(see Flavoring Suggestions for ideas)

Instructions: Fill a popsicle tray or ice tray with flavored Kombucha. Place in freezer until solid, about 30 minutes. Fruit pieces may also be added for extra flavor. If using an ice tray, cover the top of the tray with plastic wrap and insert toothpicks through the plastic wrap into the Kombucha to create a stick.

Expert Tip: Want to get rid of some sour Kombucha? Combine sour Kombucha with sugar or honey to taste and stir until dissolved, then freeze!



05



R E S O U R C E S



05

Resources

Recipe Links

www.kombuchakamp.com/kombucha-recipe

www.kombuchakamp.com/jun-tea-recipe-flavoring-continuous-brew

www.kombuchakamp.com/water-kefir-recipe

www.kombuchakamp.com/milk-kefir-recipe

www.kombuchakamp.com/kombucha-recipe-herbed-kombucha-lamb-shanks-with-kombucha-marinade

<https://www.kombuchakamp.com/cucumber-salad-with-milk-kefir-dressing-from-nourished-kitchen>

Purchase organic, living cultures from Kombucha Kamp

<https://store.kombuchakamp.com/fresh-live-cultures/>

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