



HAPPY FIZZYDAYS

Guide To A
Very Merry (Fermented) Holiday!

www.kombuchakamp.com





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Intro



The whirlwind of the past couple years has given us plenty of challenges (to put it lightly!). Here at Kombucha Kamp, we would still like to encourage you to take advantage of the holiday season as an opportunity to show gratitude, remind your loved ones that you care about them, and however you can, celebrate. Maybe it means inviting all the people you feel safe around to eat a grand meal, maybe it means getting together with a couple close friends, or maybe it means enjoying a holiday cocktail over Zoom. Whatever your holidays look like this year, we wish you happiness, health and wealth. We would also like to express our gratitude for keeping our small business alive throughout all the years - because people like YOU make sure that we'll be around for plenty more to come! Share which recipes you whip up for your holiday meals and on social media and tag @Kombuchakamp.

[Facebook](#) | [Instagram](#) | [TikTok](#) | [YouTube](#)

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01

D A Z Z L I N G &
D E L I G H T F U L
D R I N K S

01

Dazzling & Delightful Drinks

Whether you partake in boozy libations or stick to virgin cocktails, holiday beverages should be, well, dazzling and delightful! These drinks are designed to transport you straight back to your fondest holiday memory - yet we've added some delicious twists that will inspire you to make them a new tradition.



“How to Use The Following 3 Recipes”

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 (unless the fresh version is what's called for).

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 water kefir? Check the Resources section.

Pumpkin Sage Kombucha

***Recipe:**

- 2 Tbs. canned pumpkin
- 1 Tbs. diced apples
- ¼ tsp. dried sage



Cranberry Citrus Spice

****Recipe:***

- 2 tsp. sweetened cranberries, chopped
- 1 Tbs. fresh orange juice
- 1/4 tsp. chai spice



Sugar Plum Fairy

***Recipe:**

- 2 Tbs. plum, chopped
- ½ tsp. lavender
- ½ tsp. honey.



Kefir Eggnog

We absolutely love this classic eggnog recipe - turned healthy! Make sure to use either pasteurized eggs or farm fresh eggs from someone you trust. Omit the alcohol for a kid-friendly version or if you'd prefer an alcohol-free treat!

****Recipe:***

- 1 cup milk kefir
- 3 cups of fresh milk
- 4 egg yolks
- 1 1/2 tsp. vanilla extract
- 3-4 Tbsp. raw honey or maple syrup
- 1/4 tsp. freshly ground nutmeg, plus more for serving
- 2-4 oz. dark rum, bourbon, or brandy.

Instructions:

1. **Combine all ingredients in a blender and blend until smooth.**
2. **Age in the refrigerator for at least 4 hours and up to 24 hours.**
3. **Serve chilled with additional ground nutmeg and whipped cream if desired.**



Negus: Victorian Children's Party Wine

The idea of giving alcohol to children may seem a bit odd nowadays. However, it was common practice during Victorian times to dole out this watered-down libation at kids' birthday parties and to Christmas carolers. There are plenty of ways to omit the alcohol - there's always the classic sparkling grape juice in the fancy bottles, or simply swap out for regular juice. Alternatively, leave the wine in the mix and serve only to your adult friends and family. Completely up to you!

**Recipe:*

- 1 quart water
- 2 cups port wine
- ½ cup sugar
- 2 ounces Lemon Zing kombucha (p.189)
- ½ teaspoon grated lemon zest
- ¼ teaspoon ground nutmeg

Instructions:

1. Bring the water to a boil in a saucepan.
2. In a pitcher, combine the port, sugar, kombucha, lemon zest, and nutmeg.
3. When the water just comes to a boil, remove from the heat and pour over the sugared wine.
4. Stir to warm thoroughly and ladle into mugs.





Gift Guide



KEFIR GRAINS & KITS

MILK KEFIR



WATER KEFIR



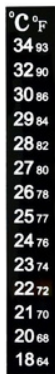
HALF GALLON JAR



ELASTIC JAR CAPS



GINGER



02

S U M P T U O U S
S I D E S

02

Sumptuous Sides



Sure, it's nice to have a show-stopping main dish at your family's holiday celebration like a turkey, brisket, ham, or chicken. But let's be real - our favorite part of the meal is the seemingly endless selection of sumptuous side dishes! We've put our own healthy spin on a few classics - never compromising on flavor.



Blood-Orange Vinaigrette for Your Holiday Salad

We recommend this salad with bitter greens such as arugula, kale, or chicory - the blood orange really cuts the bitterness. A little bitterness is a signal from nature that a food is medicinal, so that is why we should embrace this underrated flavor.

****Recipe:***

- ½ cup freshly squeezed blood orange juice
- ½ cup extra virgin olive oil
- ½ cup Kombucha vinegar (p.256)
- 2 garlic cloves, minced
- ⅛ tsp. salt
- 2 sprigs of fresh tarragon, chopped
- 2 sprigs of fresh thyme, chopped
- 1 sprig fresh lavender, chopped

Instructions:

1. Combine the orange juice, olive oil, and vinegar in a small bowl and whisk together.
2. Store at room temperature; it will keep nearly indefinitely.
3. We like to add it to dark, leafy green salads sprinkled with sweetened cranberries, slivered almonds, blood orange slices, and red onion.



Apple-Ginger Kraut

If you're looking for something that balances that delicious, salty ham, brisket, or turkey, this will do the trick! We love the sweetness brought on by the apple and the complexity brought by the ginger.

**Recipe:*

- 1 head green cabbage, shredded
- 1 tablespoon salt
- 1 apple, diced or thinly sliced
- 1 (1-inch) piece fresh ginger, peeled and thinly sliced
- 1 cup Kombucha vinegar

Instructions:

1. Add shredded cabbage and salt to a medium bowl and toss to combine.
2. Cover with a towel and let sit at room temperature for 2 to 4 hours. After having time to sweat, the cabbage will release some liquid into the bowl. Use your hands to pound or squeeze the cabbage to release even more liquid.
3. When it seems like you've extracted as much liquid as possible, add the spices, fruit, or herbs, and toss to combine.
4. Pack a quart jar tightly with half of the cabbage mixture. Pour the liquid from the bowl into the jar, followed by the kombucha vinegar.
5. Fill the jar with the remaining mixture of ingredients, pressing down with a tamper or wooden spoon as you go to create a layer of liquid across the top.
6. Use a kraut weight to hold the cabbage under the liquid. Cover the jar with a towel and let sit in a cool, dark place for 5 to 14 days. Taste frequently.
7. When the kraut has the right balance of tart and salty, store in the refrigerator.
8. *Note:* So long as the food remains submerged in the brine, it's protected against unwanted bacteria and mold. Sometimes bubbles push some material out of the liquid, leading to mold. Traditionally, the moldy layer would be scraped off and the properly fermented kraut below the surface would be enjoyed. Now that many people have compromised immune systems, most recommend tossing a moldy batch into the compost pile. Others with more robust immunity might consider removing the moldy layer and digging in anyway - trust your gut!

Kombucha Collards

Mmmm... Bacon! During the holidays, our plates are precious real estate for fat and carbs. It can be tough to make room for our greens, but with this recipe, you won't have to choose between greens and deliciousness.

**Recipe:*

- 4 strips thick-cut bacon, cut in half (other options: fatback, pork belly, turkey neck or other fatty and salty meat)
- 1 medium yellow onion, chopped
- 3-4 cloves of garlic, minced
- 1 Tbsp. brown sugar
- 1/2 tsp. salt (kosher or sea salt)
- 1/2 tsp. fresh ground black pepper
- Several dashes of hot sauce
- 1/4 cup unflavored Kombucha or Kombucha Vinegar
- 2 lbs. collard greens, stems removed and sliced into 3 inch strips
- 1 cup water or broth (chicken or vegetable)

Instructions:

1. Heat a large skillet on medium heat. Cook bacon, stirring occasionally, until the edges are slightly brown. Mix in onion and cook until they become translucent and start to brown. **If making this vegetarian, add oil to heated pan to brown the onion.*
2. Add garlic, sugar, salt, pepper, and hot sauce. Cook for about a minute, just until the garlic becomes aromatic. Add Kombucha or Kombucha Vinegar. Bring up to a simmer and cook until liquid reduces by half, stirring occasionally to keep bits from sticking to the pan.
3. Add collards and broth (or water) to pan and return to a simmer. Turn heat down to medium-low. Stirring occasionally, cook collards until they are tender and have lost their brightness – about 20 minutes.
4. Season to taste with more Kombucha and hot sauce. Serve with the juices (pot-liquor!) from the pan.



Cauliflower Mash with Kefir

Sometimes low-carb versions of our favorite foods don't check out. This one is an absolute winner and we urge you to give it a try! The Kefir lends a healthy microbial twang, similar in flavor to buttermilk. Yum! (*Recipe from Fermenter's Club by Austin Durant*)

Recipe:

- 1 head cauliflower, about 1 lb.
- 4-6 cloves garlic, peeled
- 2 Tbsp pastured butter
- ¼ cup milk kefir
- salt and pepper
- 1 chive or scallion



Sourdough Challah *with Poppy Seeds*

No Hanukkah table would be complete without this beautiful and delicious bread. This is a whole wheat sourdough version featuring soft whole wheat flour, honey, and olive oil. If you don't have a sourdough starter going, check out [this post](#) on how to get one started using Kombucha! (*Sourdough Challah recipe from Nourished Kitchen by Jenny McGruther*)

Recipe:

- 1 quart sourdough starter
- 7 cups whole wheat pastry flour divided, plus extra for kneading
- 1 cup water
- 5 eggs divided
- ¼ cup honey
- 1 teaspoon finely ground real salt
- ½ cup extra virgin olive oil plus extra to grease the bowls
(**buy organic olive oil here*)
- Poppy seeds to dress the challah





Gift Guide

CONTINUOUS BREW KITS

Choose from Kombucha or JUN

3 VESSEL TYPES:



**STAINLESS
STEEL**



**MODERN
PORCELAIN**



**STONEWARE
CROCK**

INCLUDES GUIDES



CHOOSE FROM 3 PACKAGE LEVELS



NO FRILLS



COMPLETE



DELUXE

03

D E C A D E N T
D E S S E R T S

03

Decadent Desserts



The holidays are synonymous with comfort food, and often comfort food means empty calories. Not on our watch! These recipes offer all the good things about comfort food while providing essential vitamins, minerals, and gut-healthy microbes.



Kombucha Chai Spice Cake with Ginger Frosting

“Chai Spice” is just “Pumpkin Spice” with dignity. It also implies that there’s no artificial flavors or cloying sweetness. We like to let the spices lead and the sweetness follow! We think the cake is good on its own but trust us, you’ll want to add the frosting.

****Recipe:***

Cake

- 10 chai tea bags
- 1 cup boiling water
- 1½ cups all-purpose unbleached flour
- 1¼ teaspoons baking powder
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cardamom
- 1 teaspoon ground cloves
- 1 teaspoon fennel seeds
- 1 teaspoon ground ginger
- Zest of half an orange (optional)
- ¼ cup (½ stick) butter, room temperature
- 1 cup sugar
- 2 eggs
- ⅓ cup Kombucha vinegar (p.256)

Chai Spice Frosting

- 3 ounces cream cheese or kefir cheese (p.271), room temperature
- ¼ cup (½ stick) butter, room temperature
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cardamom
- ½ teaspoon ground cloves
- ½ teaspoon ground ginger
- 2 cups confectioners’ sugar

Continued on next page...

Kombucha Chai Spice Cake with Ginger Frosting (cont.)

Instructions:

Make the cake.

1. Steep the tea bags in the boiling water for 5 minutes.
2. Remove the tea bags, squeezing out as much liquid as possible. Let the tea cool in the refrigerator for 30 minutes.
3. Preheat the oven to 375°F (190°C).
4. Butter and lightly flour two 8- or 9-inch round cake pans.
5. In a medium bowl, whisk together the flour, baking powder, cinnamon, cardamom, cloves, fennel, and ginger. Set aside.
6. Combine the orange zest and butter in a large bowl and beat for 30 seconds. Add the sugar and beat until well combined. Add the eggs one at a time, beating for 1 minute after each egg. Add the cooled tea and mix well.
7. Add half the dry ingredients to the butter mixture, then the vinegar; then add the other half of the dry ingredients, beating well after each addition.
8. Divide the batter evenly between the cake pans.
9. Bake for 30 to 35 minutes or until a toothpick inserted in the center of the cakes comes out clean.
10. Let the cakes cool on wire racks for 10 minutes, and then remove them from the pans. Let cool completely before frosting.

Make the frosting.

1. Beat the cream cheese, butter, cinnamon, cardamom, cloves, and ginger in a medium bowl until light and fluffy.
2. Gradually add the confectioners' sugar, beating until smooth.
3. Spread the frosting evenly over one cake layer, and then top with the second layer and finish frosting.

Kombuchello

Grandma Crum always served Jell-O for dessert. The mandarin orange slices suspended in lime gelatin and topped with fresh whipped cream made any occasion more delicious. This is an easy treat to make using fruit left over from a secondary fermentation.

**Recipe:*

- ½ cup cold water
- 2 tablespoons beef gelatin or powdered agar (use 1–2 Tbsp more for a firmer set)
- ½ cup sugar
- 4 cups flavored Kombucha
- ¼ cup chopped fruit, in bite-size pieces (optional)
- Whipped cream, for serving (optional)
- **If you're using fresh pineapple, papaya, ginger, figs, guava, or kiwi, chop them, toss them in a saucepan, and cook for at least 10 minutes over high heat before adding them to the gelatin. They contain bromelain, an enzyme that breaks down gelatin and causes it to lose its thickening properties. Bromelain is deactivated by heating, so canned versions may be used without heating.*

Instructions:

1. Pour the cold water into a small saucepan. Sprinkle the gelatin over the water, stirring gently with a fork so that clumps are broken up immediately, and let rest for 5 minutes. **Gelatin can be tricky to work with at first as it has a tendency to clump, so breaking up the powder as best you can while sprinkling it over the water will help to reduce clumping.*
2. Add the sugar to the saucepan. Stir gently over low heat until the water is slightly warmed and both the sugar and gelatin are dissolved.
3. Remove from the heat and add the Kombucha.
4. Pour into a gelatin mold, ramekins, or an 8-inch square pan. Add the fruit.
5. Place in the refrigerator and let chill for 2 to 4 hours, until set. Cover the gelatin once it has cooled.
6. Cut into finger-size squares or cubes and serve with a dollop of whipped cream or layer with whipped cream to make a gelatin parfait.

Probiotic Panna Cotta

With Caramel Apple

Drizzle

Thickened with gut-friendly gelatin, homemade panna cotta blends a creamy texture with tangy milk kefir and a drizzle of apple cider caramel. Melt-in-your-mouth delicious! (Recipe from Traditional Cooking School by Wardeh Harmon)

Recipe:

Panna Cotta

- 1 tablespoon sustainably-sourced gelatin (certified glyphosate-free)
- 2 tablespoons maple syrup
- 1-1/4 cups heavy cream
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract or 1 vanilla bean, scraped
- 1-1/2 cups milk kefir, preferably full-fat

Caramel Apple Topping

- 2 apples, about 2 cups
- 1/4 teaspoon ground cinnamon
- 1/2 cup maple syrup
- 1 cup apple cider approximately
- 1/4 cup grass-fed butter
- 1 pinch sea salt

Instructions:

Panna Cotta

1. Dab a paper towel into coconut or olive oil and lightly wipe the bottom and sides of the bowls or ramekins.
2. Combine the cream, maple syrup, and cinnamon into a medium-sized saucepan, whisking for a few seconds to combine.
3. Sprinkle the gelatin over the cream mixture and allow it to bloom for about 5 minutes. When it's done it will look a little wrinkled on top.
4. Turn the heat onto medium-low. Gently heat and stir the panna cotta mixture with a whisk.
5. Cook for 3 to 4 minutes, just until the gelatin is dissolved. Don't let the cream simmer.

Continued on next page...

Probiotic Panna Cotta

With Caramel Apple Drizzle (cont.)

Instructions:

Panna Cotta (cont.)

1. Remove from heat and allow to cool for a few minutes. Gently whisk the milk kefir and vanilla into the cooked cream mixture.
2. Pour the panna cotta into single serving ramekins (2 to 4 ounces) or small bowls. The smaller they are, the faster it will set up.
3. Transfer the panna cotta to the fridge for 2 to 4 hours or overnight.
4. You can eat the panna cotta in the bowl, or invert onto a plate. To invert, slide a spatula or butter knife around the top of the bowl, releasing the panna cotta from the top. Place the bowl into a container of hot water to loosen the sides for 1 to 2 minutes. Place a plate on top of the bowl and flip both over.

Instructions:

Caramel Apple Topping

1. Cook the apples in 1/2 cup of apple cider for 8 to 10 minutes until soft, but not mushy. Set the apples aside.
2. To the same skillet or pot, add remaining 1/2 cup apple cider, maple syrup, and butter.
3. Bring the cider caramel to a heavy simmer, whisking frequently and simmer for about 5 minutes or until thickened.
4. Once the panna cotta is set, spoon cooked apples on top and drizzle with the warm or room temperature cider caramel.





Gift Guide



ORGANIC TEAS, TISANES & HERBS

For Unique Flavors

HANNAH'S ORGANIC TEA BLENDS



ORGANIC FLAVORING 4-PACK



DIY

ELDERBERRY SYRUP KIT



DIY

ROOT BEER FLAVORING 4-PACK



EXOTIC FLAVORINGS



BULK SIZES OF POPULAR FLAVORS



04

H O L I D A Y
H A N G O V E R
E L I X I R S

04

Holiday Hangover Elixirs



With all the tantalizing treats and luscious libations, it's easy to go overboard during the holidays. Don't worry, we're here for you! Try these herbal elixirs - they'll be sure to cure what ails you! For the first two, follow the flavoring instructions under "Dazzling and Delightful Drinks."



Ginger Dew

You can 'do' this 'dew' without the fear of artificial dyes, sweeteners, or obscene amounts of caffeine! We assure you that it will do a much better job than the 'Mountain' version at soothing your sour stomach.

**Recipe:*

- 1 tablespoon honeydew, diced
- ½ teaspoon lemon balm, dried
- ¼ teaspoon ginger, dried



Cold Fighter

When we've had a little too much to drink, our immune system can take a hit. This elixir provides immune-boosting elderberry and lemon, plus stomach-soothing ginger. It doesn't hurt that it's also delicious!

****Recipe:***

- ½ tsp. Elderberry syrup
- ½ tsp. Ginger, dried
- ¼ tsp. Lemon zest



Ginger Honey Switchel

A fermented drink that combines the benefits of vinegar, raw honey, and ginger for a refreshing and electrolyte-packed drink. (Recipe from Wellness Mama by Katie Wells)

Recipe:

- 2 Tbsp Kombucha vinegar or unfiltered apple cider vinegar with the mother
- 3 Tbsp raw honey or blackstrap molasses
- 2-inch piece of fresh ginger root peeled and finely minced
- 4 cups water
- 1/2 of a fresh lime juiced and zested

Instructions:

1. Mix all ingredients in a large jar, cover, and shake well.
2. Place in the refrigerator overnight.
3. To serve, pour over ice or add seltzer water if desired.
4. *Note: If using seltzer water, only add half the amount of listed water to the jar. Add the other half as seltzer water when serving.*





Gift Guide

Gifts that are

MADE IN THE USA



STONEWARE CROCK



FERMENT FRIEND HEATER WITH THERMOSTAT



BREWER CAP 3-PACK



KOMBUCHA CONCENTRATE



GALLON JAR CAP & TEE SET



YEAR ROUND HEATING SYSTEM WITH DIMMER



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
- <https://fermentersclub.com/cauliflower-mash/>
- <https://nourishedkitchen.com/whole-wheat-sourdough-challah/>
- <https://www.kombuchakamp.com/kombucha-recipe-sourdough-kombucha-bread-starter-plus-more-recipes>
- <https://traditionalcookingschool.com/food-preparation/probiotic-panna-cotta-with-caramel-apple-drizzle/>
- <https://wellnessmama.com/61647/ginger-honey-switchel/>

Purchase organic, living cultures & organic teas from Kombucha Kamp

- www.kombuchakamp.com/fresh-live-cultures
- www.kombuchakamp.com/tea-tisanes-flavorings

Buy The Big Book of Kombucha

- www.kombuchakamp.com/the-big-book-of-kombucha.html
- <http://amzn.to/1ZuZshF>

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Stocking Stuffers



from Kombucha Kamp!



BREWER CAP



JAR CAP

SOURDOUGH STARTER



STAINLESS STEEL STRAWS



3 TEA SAMPLER

KOMBUCHA CONCENTRATE



Resources

Shopping Guide

- Thrive Market, Organic Pumpkin
- Thrive Market, Organic Sage
- Thrive Market, Organic Pure Vanilla Extract
- Thrive Market, Organic Infused Maple Syrup, Aged in Bourbon Barrels
- Thrive Market, Organic Ground Nutmeg
- Drizly, Diamond Reserve Dark Rum
- Drizly, Four Roses Bourbon, Kentucky Straight Bourbon Whiskey
- Drizly, Tuaca
- Drizly, Ferreira Ruby Port
- Kasadrinos Olive Oil
- Thrive Market, Emperors Kitchen, Organic Chopped Garlic
- Thrive Market, Pederson Natural Farms Inc., Non-GMO, No-Sugar-Added Uncured Bacon
- Thrive Market, Organic Ground Pepper
- Thrive Market, Tangy Peach Cayenne Hot Sauce
- Thrive Market, Organic Light Brown Sugar
- Thrive Market, Pacific Foods, Organic Free Range Chicken Broth
- Thrive Market, Pacific Foods, Organic Vegetable Broth
- Thrive Market, Organic Riced Cauliflower
- Thrive Market, Organic Chives
- Thrive Market, King Arthur Baking Company, Organic Whole Wheat Flour
- Thrive Market, Organic All-Purpose Flour
- Thrive Market, Organic Ground Cardamom
- Thrive Market, Organic Ground Cloves
- Thrive Market, Swerve, Confectioners Sugar Replacement
- Vital Proteins Beef Gelatin
- Perfect Bovine Gelatin - Collagen Protein Sourced Exclusively From Brazilian Pasture Raised (Grass Fed) Cows
- Thrive Market, Organic Apple Cider Vinegar