

4 Cultured Food Recipes

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1. Kombucha

So You Want to Try Making Your own Kombucha hmmm?



Awesome! Let me help you!

How to brew your own Kombucha

Kombucha tea is made by fermenting sweetened black or green tea with a flat, solid culture of yeasts and bacteria called the Kombucha “mushroom”, “mother” or SCOBY (SYMBIOTIC

COMMUNITY OF BACTERIA AND YEAST) . It is not actually a mushroom, but is called one because of the shape and color of the sac that forms on top of each batch of fermented tea.

The kinds of tea you can use are any kind of unflavored black or green tea. herbal teas and flavored black or green teas should be avoided as the ingredients flavorings and oils can damage your living kombucha scoby. In addition Is Rooibos tea hibiscus tea are Jasmine pearls (a type of green tea) quite deliciously successfully. do probiotics love and acidic environment. it is possible to start your own scoby with vinegar added to the sweet tea instead of starter Kombucha tea.

Before you start, make sure you have: a half gallon size glass jar (make sure its really clean!!) 1 gallon of brewed sweetened tea (ratio: 1 cup of sugar per gallon of tea) I use regular black tea, though I've heard of others using green or some, not all, herbal teas. a SCOBY and 1/2 cup of liquid from a previous batch of Kombucha (kombucha Tea starter). One scoby will ferment any size batch, though larger batches may take longer.

Kombucha Brewing Wisdom

- Never store Kombucha SCOBYs in the Refrigerator!
- Sanitize with hot water or vinegar – NO SOAP. It kills the kombucha culture.
- Airflow is key – find an open area for your Kombucha Tea.
- If you see mold, throw everything away. Kombucha Mushrooms are not save-able when mold strikes.
- Keep a SCOBY Hotel for backups and extras. (Just put extras in a jar of sweet tea and have extras to give away of start again if one goes bad – room to experiment!)
- Kombucha is a LIVING organism. Many believe the energy in the room will directly influence your culture.

Kombucha Ingredients:

- 2 liters (2 quarts) of boiling clean water (not tap or chlorinated water).
- 160 grams (half cup) of sugar
- 6 grams of loose tea or 2-3 teaspoons or 2-3 tea bags (either black or green tea)
- One healthy kombucha Scoby
- 100 ml (.5-1 cup) kombucha Tea starter

Pour the water over 160 grams of sugar into a clean well rinsed (no soap residue) glass, porcelain or Pottery container. stir to dissolve the sugar. the best sugar to use is organic White or organic unrefined sugar. Add the tea to the hot sugar water and let stand for at least 5 minutes. if you prefer to have your green tea less bitter then allow the temperature of the water to cool off a bit first. Strain any loose tea and tea bags from the sweet tea, cover loosely and let sit until room temperature before adding your kombucha Scoby and starter Kombucha tea. Leave your kombucha in a warm place with clean air. Tobacco smoke has killed Kombucha scobys.

How long to culture a new batch of Kombucha?

Allow your kombucha to culture 7 to 30 days depending On temperature and taste. the warmer the temperature, the faster the friendly bacteria in the microbes consume the sugar. and the longer you ferment your Kombucha tea, the more sour and less sweet it will taste, consuming all of the sugar and leaving you with a very healthy drink.

When done fermenting your Kombucha tea, pour off all but 10% of the liquid into a small mouth bottle, leaving your kombucha scobies (there will be a new one forming with each batch), and seal the bottle for a second ferment. The bottle should be stored in the refrigerator otherwise the fermentation process will continue in the beverage will become very sour tasting.

What to do with the Kombucha Scoby?

A new batch can be started immediately using the new scoby which grew on top of the liquid. When you first get started, you will have a thin new scoby so what I did was keep using both the new and the old scoby until it got thicker. If you choose to start more than one batch one with

each scoby, then be sure to handle your scoby with clean hands. If no new batches are to be started you can store your kombucha in new sweet tea at room temperature. My original mother scoby, which a friend gave me, when placed in a small jar (planned to become a scoby storage “hotel”) with new tea, made a nice fizzy drink I could not resist drinking.

Fizzy Kombucha – Second Ferment

I discovered later this is called a “second ferment” and I was quite lucky. My friend had not got it to become fizzy, even with this same scoby. So much for my first “Scoby hotel” (to store extra scobies). They will remain healthy and alive, even if you do not feed it new sweet tea, even for a long time. It turns out it is better to keep your scoby in very sour old liquid, Kombucha vinegar, then to keep it in the refrigerator. You will find you need more and more to drink over time, especially as family and friends start. You may gradually increase the amount of Kombucha tea you drink yourself. Start slowly with a few sips a day, until you can drink 3 glasses daily, one before breakfast, (helps kick start digestion), and one with or after each meals. The more experience you have the better the result will get. so get started and get healthy.

Temperature for Perfect Kombucha

The ideal temperature for fermenting kombucha is 70 to 82 degrees Fahrenheit (23 to 28 degrees Centigrade). This temperature is not the normal average in most parts of the world so take note it does not matter so much if the temperature varies from a low of 57 degrees Fahrenheit (14 degrees Centigrade) at night, to a temperature over 28 degrees Centigrade (82 F) during the day. When the temperature is too low, the brew will stop fermenting. If room temperature in daytime is over 36 degrees Centigrade or 97 degrees Fahrenheit, this does not mean that your brew would not ferment properly. A very high temperature will result in higher evaporation of water. Some people from tropical countries report that they lose 25% of their brew during fermentation. However, one recommendation is leaving the container for one week in a cool place to start when brewing in very hot areas. It could be dangerous if too hot in the first days of fermentation where an ideal fermentation temperature is very important to avoid contamination. In cooler

temperatures you'll need more time to ferment a healthy kombucha drink. One should not go by the brewing time alone. In different areas and at different times of the year adjustments have to be made. Judge by the taste and appearance of your brew.

Kombucha Container Recommendations

The best container for brewing Kombucha is glass. You can also use porcelain or glazed pottery. However, avoid metal and plastic. Metal containers are not used for a couple reasons. The acid in your kombucha will react with metal, for one thing. Kombucha brewed in stainless steel containers does not taste as good as that grown in the recommended type of container such as glass. Also the metal ions could actually kill off the live culture. And plastic is not recommended, as polyvinyl polypropylene and cheap Plastics can cause chemical reactions in the brew, also contaminating it for drinking.

Kombucha Container Shape

A culture needs a large surface area for it to grow quickly. Your Kombucha fermenting containers should have a wide opening, not too tall and not filled up to the top. It needs to breathe, so leave air space at the top. A wider opening ferments your tea more quickly and much better. Both metal and plastic can introduce harmful chemicals that may destroy you're living culture and be bad for your health.

Continuous Brew Method

Continuous Brew methods require a glass ceramic or porcelain container with a spout to allow the draining of the finished Brew. Ideally you will not take the scoby out of the pot if there is no reason to do so . separating the culture after every week or so is another unnecessary task leave the culture alone and let it work without interfering. Only time when you need to take this scoby

out of your container is when it grows to the point where it takes too much of the fermentation space you need for Brewing. If your scoby grows too big take it out and only separate a little piece of the culture which you then put back in the continuous fermenting containers. Store extra scobies in a jar (Scoby Hotel) with Kombucha vinegar until you need it. Do not store in the refrigerator. Every once in awhile, take one of 2 out of the hotel and feed your extra scobies new sweet tea to experiment with different kinds of teas (Jasmine pearls, white peony, rooibos, hibiscus) and new 2nd ferment flavor combinations (ginger and other herbs with various fruit combinations) for delicious and creative new drinks. If you kill one, you have plenty more scobies in your Scoby Hotel. .

To discover more Kombucha tips and recipes, [visit my Kombucha category on my Organic Food Bliss Blog here.](#)

2. Kefir

How to Make Kefir



Kefir has more probiotics than yogurt and any other cultured food. I know its true because I can feel it. Let me help you get started.

What Surprised Me Was How Simple & Easy It is to Make Kefir At Home

I remember making yogurt as a kid from heated milk. So I was surprised when I found out all you have to do it put some Kefir Grains in a clean jar of milk, with no need to heat it.

Steps For Making Kefir

1. Get some Kefir Grains
2. Place Them in a clean jar
3. Add organic milk, I prefer goats milk but any dairy milk will work
4. Keep the jar loose to let it breath
5. Keep the jar at room temperature, ideal is 70-75 F, but I have done it at 65 (takes a day or 2 longer) and also at 80 which makes a very thick yummy kefir in under 2 days.

How Long to Culture Your Kefir?

There are only 2 guidelines for this.

- Is your house warmer, say in the 80's or 90's? Then it takes less time, but give it at least a day. If your home is cooler, like in the 60S, then it could take 2 or more days.
- The other is up to you, Taste. You can taste it the 2nd day and each day (or ever 12 hours if in the 90's) and see how sweet or sour you like it.

At first it will make your milk kind of stringy as it pours. The next stage is when it makes the milk thick and creamy. I like it sweet, so sometimes I stop it when its still thin ans stringy when it pours. My experience with warmer climates is that it gets think faster then it gets sour which is awesomely yummy.

For More Kefir tips and Recipes, [visit my Organic Food Bliss Blog Kefir Category here.](#)

3. Sauerkraut

Here's my Favorite Basic Sauerkraut Recipe



Cultured vegetables are so easy to make, so inexpensive and so so good for you. Let's start with a basic cabbage sauerkraut.

You will need these ingredients and tools:

- 1 T Celtic Sea Salt or your favorite healthy salt, like pink, etc.
- 1 Cabbage
- 1 Cabbage leaf (**Important** – do not forget to put aside before shredding)
- Big bowl
- 1 Quart glass jar
- Food Processor or grater shredder (optional)
- small glass jar or shot glass(optional)

Can you see the small glass jar at the top of the sauerkraut on top in [this picture](#) and in [this](#) one?

Steps How to Make Sauerkraut

1. Put aside one outer leaf of your cabbage to keep for the top of your jar.

2. Cut the cabbage into quarters and either grate on large size grate blade in food processor or shred or cut into sizes you prefer. You can shred fine with the small blade of your food processor if you choose, I prefer my sauerkraut chunky, so I use the larger blade. Food processor is optional because you can also just use a knife to cut the cabbage into the size you like.
3. Place shredded cabbage into a large bowl and sprinkle salt on it. I prefer Celtic sea salt but you can use pink Himalayan or any good quality salt you choose.
4. With clean hands, start massaging the cabbage. Be patient! it takes some time. Its good exercise for your hands. The cabbage will shrink down as water starts to come out of it/ This is your natural brine.
5. When you have a good amount of brine, you can stuff the cabbage and brine into your clean glass jar. Pack it all in there. It will fit.
6. Place the whole cabbage leaf you put aside into the top of the jar full of packed cabbage. Shove it all down so the liquid brine come to the top and completely covers the cabbage. This protects the vegetables from aerobic (oxygen loving) microbes. The sauerkraut is made in an anaerobic environment. This is where the lactic acid and friendly flora develop.
7. You can push the content down in the jar with something small and clean and non-reactive (like glass). I found a little glass shot glass that I use or a tiny glass jar. (I have a picture of it I will add here sometime). Push it down and close the lid over it. In a while you can take it out and leave the jar lid loose. You want to let the gas out of the jar. some use cheese cloth and a rubber band... but I find a loose lid is fine. Just remember to loosen it in under 24 hours or you could have a mess or even an explosion.



see how @bebhjen (on Instagram) has the small

jar inside the big one to push the kraut down under the brine?

Place in a warm spot (70-75 F) on a plate to catch brine spillage.

Taste it in 2 weeks and each week after until its a taste you like. Then refrigerate it. Too long and its too sour. Too short and you will have less probiotics.

What is the Ideal Temperature for Culturing or Fermenting Sauerkraut?

Fermentation naturally stops when the sauerkraut reaches the proper acidity. Temperature affects the speed of fermentation. Between 60°F and 65°F, it will take 6 weeks to make sauerkraut. The ideal temperature is between 70°F and 75°F where it will ferment properly in 3 to 4 weeks. The best quality sauerkraut is produced at a temperature range of 65-72° Fahrenheit (18–22° Celsius) without more than a 5° Fahrenheit (3° Celsius) swing in temperature. If your house is warmer than this, try fermenting for a shorter time period.

I have tried 2 weeks, 4 weeks and 6 weeks. For my house and taste I like 2-3 weeks. It will keep fermenting in the cold refrigerator but much more slowly and can last a very long time.

Tip: Let the grated cabbage sit with the salt mixed in for awhile (10-20 minutes, I guess) and it takes a lot less work massaging it to develop the liquid brine. When I first showed this to my

friend, I was afraid she would think it was too much work, it took so long to work the cabbage and salt. But when I let it sit, I discovered that it takes no time at all to get the liquid to come out.



For More Sauerkraut and Fermented Veggie tips and recipes, visit my Organic Food Bliss Blog [Sauerkraut category here](#) or my [Fermented Veggies tagged posts here](#).

4. Sourdough Essene Bread

Sourdough Sprouted Grain Bread with Raisins and Hazelnuts



sourdough Essene bread aka sproutedwheat bread. Very good for the tummy with natural probiotics. I promise to post the recipe on my new site soon. Really simple:

1. *2 cups dry grain (I like Kamut best, wheat, spelt, barley)*
2. *3-4 days of rinsing twice a day (after initial night of soaking)*



3. *2 teaspoons salt*
4. *raisins*
5. *cinnamon*
6. *nuts and seeds*

and slow cooking for 6 hrs at 90 then 3 hours at 200 to 250

I cant wait to show you... its culturing now! Oh wait. its time for me to start the low temp "baking" for 3 hrs. See ya!

I will post the pics here of the final Sprouted Wheat and Barley Bread when done. Meantime, see the progress of the live little seeds growing [Day 1 here](#) and [Day 2 here](#) and this is [day 3 here](#) with all the lively green shoots that make this **essene bread** so naturally sweet.

Here it is...



Diving in for a taste while its still warm...



SOURDOUGH ESSENE BREAD CUT IN CHUNKS

For more sprouted bread recipes and tips, [visit my Organic Food Bliss Blog here.](#)

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