

Maple Kombucha – Cornell Maple Program Recipe

Ailis Clyne, 2019

You will need:

- Measuring cups and spoons
- A long spoon for stirring
- Gallon-size Glass Jars
- Muslin cloth¹ and rubber bands
- Black and Green Tea – caffeinated
- Maple Syrup
- Unchlorinated Water²
- Commercial SCOBY + starter fluid³
- Bottles – glass, swing-top or “Grolsch” style bottles work well⁴

¹Must be a tighter weave than cheesecloth; with cheesecloth, the pores are large enough for certain debris and even fruit fly to get in.

²Must be unchlorinated; use filtered, distilled, or permeate

³You can order Kombucha Starter Kits on Amazon. There are also companies selling just Scobys and starter fluid. We liked “Poseymom” on Amazon. You must start your first batch brewing with a commercial Scoby to legally sell your finished product – NOT a Scoby from a fellow kombucha brewer, friend, or neighbor.

⁴Do not use square-shaped glass bottles as they are prone to bursting under pressure.

Instructions:

1. Boil 11 cups of unchlorinated water
2. Add boiling water, 1 cup of maple syrup, 4 black tea bags, and 4 green tea bags to a 1-Gallon Glass Jar
3. Place the lid on the jar and allow the tea to steep for 6 minutes
4. After 6 minutes, transfer the jar to a cold water bath that comes halfway up the jar. Remove the lid and allow the vessel to cool for at least 15 minutes.
5. At 15minutes, remove the tea bags. You may steep for a shorter time if you prefer less strong, tannic tea.
6. Continue to cool the sweet tea until it reaches between 75-85°F
7. Once the tea has cooled, add 2 cups of finished kombucha from a previous batch, OR, if it is your first brew, the starter fluid that came with your commercial Scoby.
8. Add the commercial Scoby, or Scoby from your last batch of kombucha, to the top of the brew. It is okay if it sinks.
9. Secure a muslin cloth to the top of the brewing vessel with a rubber band. This allows air flow to reach the kombucha while keeping out debris and pests.
10. Leave the jar in a dark place, at a comfortable temperature for 10 days. Do NOT store in a cabinet or somewhere without good airflow. Optimal temperature is about 72°F. If you

are comfortable, the SCOBY is probably comfortable. Do NOT leave the brew in direct sunlight.

11. After this 10 day period called the Primary Fermentation, the SCOBY is set aside for the next batch, along with a few cups reserved as starter liquid. The rest is transferred to airtight bottles that can handle the pressure of carbonation. You may want to start tasting your kombucha at day 7, and every day after that, until it has reached the level of sweetness/tartness you prefer.

Once the kombucha is bottled, you have started the secondary fermentation. You now have a choice to make: Soft Drink or Hard Drink. The traditional way to brew kombucha results in about 1.5% ABV. The legal limit to be considered a soft drink is 0.5% ABV.

*The following Secondary Fermentation instructions use ingredient proportions of: 400mL plain kombucha per bottle, 100g fruit pieces (if using fruit to infuse flavor), 15mL (1 tbsp) maple syrup.

SOFT DRINK:

1. Leave the bottled kombucha in a warm, dark place for 1 day (about 75°F)
2. Add 1 tablespoon of maple syrup, and whatever other flavor enhancing ingredients⁵ you choose to infuse your Maple-Kombucha with, to the bottle
3. Transfer the bottle to the refrigerator.
4. Allow the flavors to infuse for 5 days before straining the infusion ingredients out
5. Keep refrigerated and enjoy your finished kombucha cold.

⁵Whole pieces of fruit work best. Spices can also be used. Citrus is a popular flavor compliment to maple, and pieces of the rind can be added to the kombucha along with the juice. Pear, Ginger, Mango, and Pomegranate are all great compliments as well. Experiment. If using spices, use whole pieces, not ground. Using dried spices will produce a much stronger flavor than fresh spices. Infusion ingredient proportions will vary with individual taste preferences.

HARD DRINK:

1. Add 1 tablespoon of maple syrup and other flavoring ingredients to the bottle
2. Leave in a warm, dark place for up to 3 days. Be careful because carbonation is building in the bottle which could burst.
3. Transfer to the refrigerator and leave to infuse for days.
4. Strain the infusion ingredients from the bottle.
5. Keep refrigerated and enjoy your finished kombucha cold.

This process will result in Kombucha with anywhere from 0.5% - 1.9% alcohol by volume, depending on how much sugar is added to the bottle for secondary fermentation.