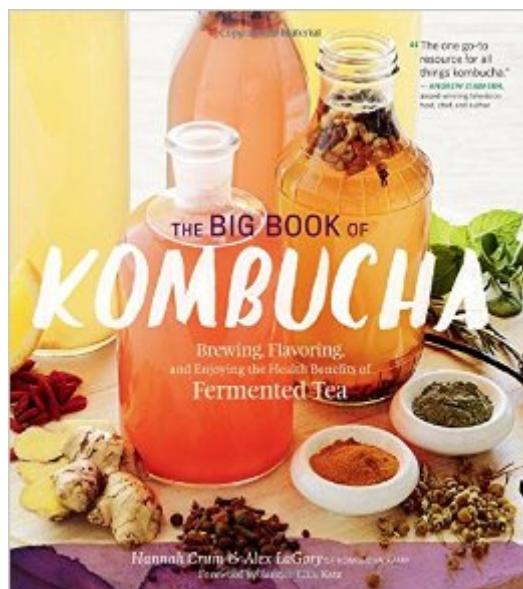


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# The Big Book Of Kombucha: Brewing, Flavoring, And Enjoying The Health Benefits Of Fermented Tea



## Synopsis

Brew your own kombucha at home! With more than 400 recipes, including 268 unique flavor combinations, you can get exactly the taste you want â  for a fraction of the store-bought price. This complete guide, from the proprietors of Kombucha Kamp, shows you how to do it from start to finish, with illustrated step-by-step instructions and troubleshooting tips. The book also includes information on the many health benefits of kombucha, fascinating details of the drinkâ s history, and recipes for delicious foods and drinks you can make with kombucha (including some irresistible cocktails!). â œThis is the one go-to resource for all things kombucha.â • â  Andrew Zimmern, James Beard Awardâ winning author and host of Travel Channelâ s Bizarre Foodsâ 

## Book Information

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## Customer Reviews

I have been a Kombucha fan for a number of years and began brewing my own earlier this year - using a kit I purchased online. My initial batch was a great success and I am now up to 5 Scobys - hence multiple batches on the go at any one time; and have become more adventurous trying new flavors, combinations and secondary fermentation. I own a couple of different books but so far this has been the hands down favorite. It is a good book in particular for those new to brewing and contains everything from the history of this delicious elixir, to brewing ingredients, tips, flavoring and using your Kombucha in cooking. In the past I have found the many books go too far one way -such as things to use your Kombucha in, or the other way -very basic tips, and do not strike the happy medium that allows the book to be an all around guide. This however meets that requirement. The book begins with a little about the authors and how they began their Kombucha â œjourneyâ • I

found it well written and a good read - and I could identify with this more (for example trying it at a party and off the shelf at Whole Foods) than the folks that found it in some mysterious part of the world! It sounded a lot like my initiation into the world of Kombucha and the fact that it was relatable made me like the authors a whole lot more! The book then goes into an all around look at fermentation which was appreciated, as this area of food and drink is certainly building more momentum of late as the health benefits are realized. This is followed by an in-depth discussion around kombucha, the Scoby, and ingredients / supplies that are instrumental in the Kombucha making process. This is very detailed and great for those new to brewing.

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