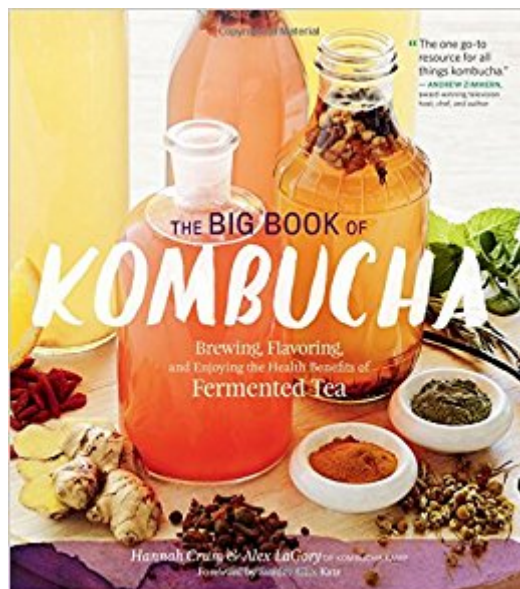


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# The Big Book Of Kombucha: Brewing, Flavoring, And Enjoying The Health Benefits Of Fermented Tea



## Synopsis

2016 Silver Nautilus Book Award Winner Brew your own kombucha at home! With more than 400 recipes, including 268 unique flavor combinations, you can get exactly the taste you want 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 drink's history, and recipes for delicious foods and drinks you can make with kombucha (including some irresistible cocktails!). "This is the one go-to resource for all things kombucha." • Andrew Zimmern, James Beard Award-winning author and host of Travel Channel's Bizarre Foods

## Book Information

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## Customer Reviews

"Refreshingly easy to read and full of interesting tidbits tucked among all the practical and scientific information. If you've got questions, this has all the answers."

• Terry Wahls, MD, author of The Wahls Protocol "Equally appropriate for health advocates, tinkerers, and historians. This is a must-have for every

homebrewer!" • Russ Crandall, New York Times best-selling author of Paleo

Takeout and The Ancestral Table "Deep-rooted insight into the history, science, and how-to of this ancient brew ... a critical addition to the bookshelf of anyone interested in good food."

• Jennifer McGruther, author of The Nourished Kitchen "The definitive guide to all things related to brewing, savoring, and cooking with kombucha. You'll find all your

kombucha queries answered. • Michelle Tam, New York Times best-selling author of *Nom Nom Paleo: Food For Humans* “An in-depth guide to all things kombucha and an incredibly enjoyable read. I don’t keep many cookbooks in my collection but this one will absolutely be a mainstay in my library.” • Katie from [WellnessMama.com](http://WellnessMama.com) “The comprehensive guide to all things kombucha.” • *Bon Appétit* “On top of walking you through the kombucha fermentation process, *The Big Book* also includes a whopping 286 flavor combinations along with the history of the drink, information on health benefits, and much more. So it’s your call: keep spending \$4 a bottle on the stuff, or buy a paperback book and a couple gallon jugs and get brewing.” • *Epicurious*

*Brew for Health Kombucha!* It’s the fermented tea that’s fun to say and good to drink, plus it promotes a healthy gut. Expert brewers Hannah Crum and Alex LaGory reveal how easy, inexpensive, and safe it is to make your own delicious kombucha, with instructions for batch and continuous brewing. They share hundreds of flavoring ideas and recipes for using kombucha and SCOBYs. With history, health benefits, and the science behind this ancient beverage, this book is a must-have whether you’re a beginner or long-time kombucha lover! Includes: in-depth brewing techniques, 268 flavor combinations, recipes for cooking with kombucha, plus smoothies, cocktails, and more

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 “journey.” 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. I particularly loved the comprehensive guide to the health properties with personal stories incorporated into this; and they took the time to include health cautions too making it a balanced approach. The SCOBY guide is hands down the best I have read / seen. SCOBYs can be rather ominous in appearance and I cannot tell you the number of times I have peered into my jar trying to determine if it's healthy or if the weird patch of color / texture is mold (so far it has not happened); but the pictures were exceptional in detail and levels of helpfulness. Thank you authors for this; and including so many detail photographs! The tea guide was also very detailed and useful - talking about types of blends you should and should not use, and acceptable quantities before they become too much for the balance of the Kombucha. The sugar guide was equally as useful; as was the equipment guide, as I now know I should not have used that cheesecloth as a cover when in a pinch (allows contaminants to get in your brew). This is then followed by the meat of this book - how to brew, best practices and different methods one can use. For me the advanced guide was so helpful - how to flavor, as we are currently experimenting with secondary fermentation using cascade hobs, and carbonation, as striking that right balance has been an admitted challenge; and other books have simply not been detailed enough, leaving me having to turn to good old Google - this book solves that! The remainder of this book is a guide to flavors one could experiment with, drinks one can use this in - such as cocktails and shrubs - both of which are hands down amazing with the addition of Kombucha! And other means of cooking / recipes in which you might be able to incorporate Kombucha. This covers everything from dressings, dips and cake - to outside the kitchen; in face masks and creams! Few books are this comprehensive or diverse! The book ends with more of the Kombucha story; but most usefully a very detailed guide to components of Kombucha, specific health concerns and how the consumption of Kombucha might help; further reading guides and a brew log, which is very useful for new brewers. Having now owned about 5 different books on the topic including those by Eric Childs and Stephen Lee, this is by far my favorite. It is detailed, comprehensive, and covers everything you need to know and then some. I would say this is invaluable for new Kombucha brewers and even useful for those who have been brewing a while and need some new inspiration. I love this book! And full disclosure - yes I am a top reviewer, but no I did not receive it

for free -I paid in full for this as it was much wanted, and it was worth every penny!!

Hannah Crum changed my life. I bought my first Kombucha home brew 'starter kit' from her over four years ago and have been happily brewing my own 'booch ever since. This big (383 page), bold and beautiful book is full of a wealth of first-hand information on all aspects of Kombucha that Hannah and her partner Alex LaGory have curated over their years of involvement with the Kombucha sub-culture. From the history and science of Kombucha to straightforward guidelines on the many aspects of brewing, decanting and flavoring this healthful fermented tea, Hannah and Alex cram an awful lot of really useful information into this book. I was especially impressed with the full color photographs of typical brews (taken of clear glass jars to show the yeast strands, fermentation process and various colors of healthy and unhealthy SCOBY's). There's ample information on troubleshooting everything from mold to poorly performing brews, as well as scientific guidelines on brew temperature, acidity, sweetness and suggested tea mixes. The second part of the book offers a huge range of recipes for flavoring, cocktails, smoothies and more, She even suggests intriguing ways to consume old growth SCOBYs (jerky, face masks etc.) This is the book I wish I'd had four years ago. I intend to take a close look at my current hit and miss production methods and implement their suggestions to improve things. If you love Kombucha and are getting tired of paying \$3-6 a bottle for the retail brands, invest in a copy of Hannah and Alex's book and get brewing at home. It just might change your life.

Wow! Fantastic book with great knowledge. Read it in two days. On first day order my SCOBY. One thing missing from the book is best place to buy it, I found it though. The author grows and sells them. Just google and you will find it easy. I bought it and made my booch w ease. First flavors I did were strawberry lemonade, blueberry lemonade and cherry lemonade. Just bottled 6 and got new brew going. Worth every penny. Thank you thank you thank you.

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