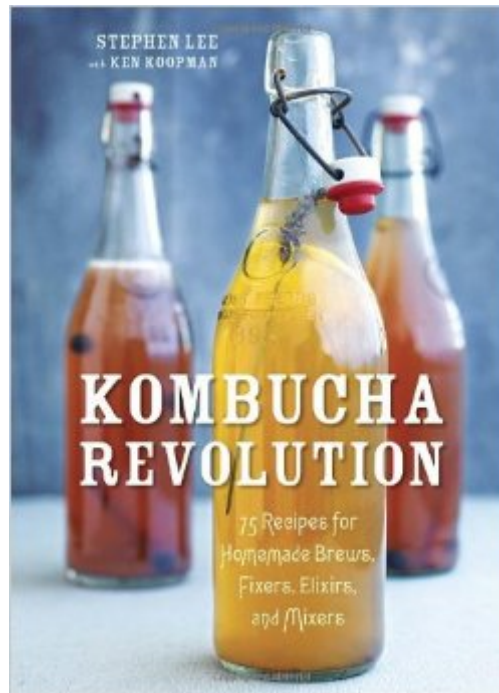


The book was found

Kombucha Revolution: 75 Recipes For Homemade Brews, Fixers, Elixirs, And Mixers



Synopsis

This guide from the founder of Kombucha Wonder Drink demystifies the process of brewing kombucha at home and offers recipes for using it in infusions, smoothies, cocktails, and more. The Wonder Drink Kombucha "a fizzy, fermented tea-based beverage packed with probiotics, vitamins, and enzymes" has home brewers salivating. And who better to guide you through the brewing process than a tea guru with more than forty years of experience under his belt? Stephen Lee, cofounder of Tazo Tea and Stash Tea, turned his attention to fermented tea and founded Kombucha Wonder Drink in 2001. In *Kombucha Revolution*, Lee reveals the secrets to brewing the perfect batch of kombucha and caring for your very own SCOBY (Symbiotic Culture of Bacteria and Yeast). He also shares his favorite recipes plus contributions from brewers, bartenders, and chefs like "Kombucha Mamma" • Hannah Crum and Wildwood's Dustin Clark "for infusing your brew with fruits, herbs, and spices, and incorporating it into juices, smoothies, sauces, snacks, sweets, and cocktails. With recipes for Lavender "Green Tea Kombucha, Cranberry Bitters Cocktails, Kombucha Vinegar, Green Smoothies, Kombucha Lime Ceviche, and Kombucha Pear Sorbet, mixing this healthful brew into your everyday lifestyle has never been so revolutionary.

Book Information

Hardcover: 160 pages

Publisher: Ten Speed Press (June 3, 2014)

Language: English

ISBN-10: 1607745984

ISBN-13: 978-1607745983

Product Dimensions: 6.7 x 0.7 x 9.3 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (210 customer reviews)

Best Sellers Rank: #20,774 in Books (See Top 100 in Books) #6 in Books > Cookbooks, Food & Wine > Beverages & Wine > Coffee & Tea #52 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods #450 in Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

"Kombucha. It's been called the "elixir of life," a cure-all that detoxifies the body, aids digestion, reenergizes the mind, and even helps reverse the symptoms of cancer. Drink several glasses of this fermented tea a day and, according to some, its healing properties will lower cholesterol, help with weight loss, reduce hot flashes, and create a general sense of

well-being.â •SKombucha Revolution covero begins the introduction to Kombucha Revolution, the new book by Stephen Lee, founder of Stash Tea, Tazo Tea and Kombucha Wonder Drink, with co-author Ken Koopman. Lee goes on to describe how he first discovered kombucha on a tea-selling trip to Russia by snooping into the bedroom of an elderly woman named Mrs. Lisovski (to whom the book is dedicated). Amazed by the effervescent, tangy, slightly acidic and very pleasurable drink, he then carefully transported home a â œbabyâ • SCOBY (Symbiotic Colony of Bacteria and Yeast) to start his own kombucha brew and help bring a kombucha revolution to the United States in the early 2000s. The introduction explains how to assemble your own kombucha kit and the proper care and feeding of your own SCOBY. New kombucha brewers will want to pay particular attention to the first recipe, entitled â œStephen Leeâ™s Master Plain Kombucha Recipe,â • to get the basics down. The recipe is not much different than those you will find online (including my personal recipe here), though I was surprised to see that his version calls for 3-4 times as much tea leaf or tea bags than I was taught to use. In order to properly review this book, I made my next batch following his directions. It pained me to use an entire box of expensive organic tea in a single go (what can I sayâ | I am frugal!), but the taste was excellent.

[Download to continue reading...](#)

Kombucha Revolution: 75 Recipes for Homemade Brews, Fixers, Elixirs, and Mixers True Brews: How to Craft Fermented Cider, Beer, Wine, Sake, Soda, Mead, Kefir, and Kombucha at Home
Homemade Soda: 200 Recipes for Making & Using Fruit Sodas & Fizzy Juices, Sparkling Waters, Root Beers & Cola Brews, Herbal & Healing Waters, ... & Floats, & Other Carbonated Concoctions
Homemade Bread Recipes: The Top Easy and Delicious Homemade Bread Recipes! Delicious Probiotic Drinks: 75 Recipes for Kombucha, Kefir, Ginger Beer, and Other Naturally Fermented Drinks
Homemade Sweet and Savory Pies: Traditional Recipes Plus Low Carb, Ketogenic, Paleo, Vegetarian Pies and All You Need to Know about Baking (Low Carb Desserts & Homemade Pies)
The Fixers: Eddie Mannix, Howard Strickling and the MGM Publicity Machine The Big Fix: The Hunt for the Match-Fixers Bringing Down Soccer Joe-Joe the Wizard Brews Up Solids, Liquids, and Gases (In the Science Lab) 201 Icebreakers : Group Mixers, Warm-Ups, Energizers, and Playful Activities
Concrete Mixers (Pull Ahead Books) (Pull Ahead Books (Paperback)) Cement Mixers at Work (Big Trucks) The Best Homemade Kids' Snacks on the Planet: More than 200 Healthy Homemade Snacks You and Your Kids Will Love
Homemade Guns And Homemade Ammo Recipes for Adventure: Healthy, Hearty and Homemade Backpacking Recipes The Healthy Hound Cookbook: Over 125 Easy Recipes for Healthy, Homemade Dog Food--Including Grain-Free, Paleo, and Raw Recipes! Homemade Sausage: Recipes and Techniques to Grind, Stuff, and Twist

Artisanal Sausage at Home Paleo Ice Cream: 75 Recipes for Rich and Creamy Homemade Scoops and Treats
200 Easy Homemade Cheese Recipes: From Cheddar and Brie to Butter and Yogurt
The Homemade Flour Cookbook: The Home Cook's Guide to Milling Nutritious Flours and Creating Delicious Recipes with Every Grain, Legume, Nut, and Seed from A-Z

[Dmca](#)