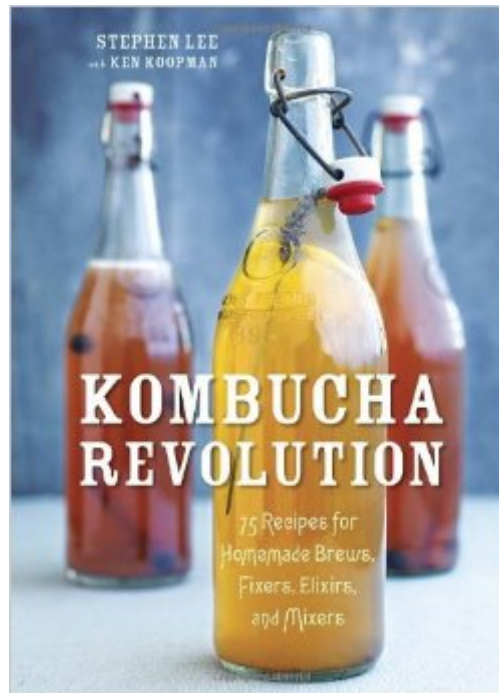


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# Kombucha Revolution: 75 Recipes For Homemade Brews, Fixers, Elixirs, And Mixers



## 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

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## 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.

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