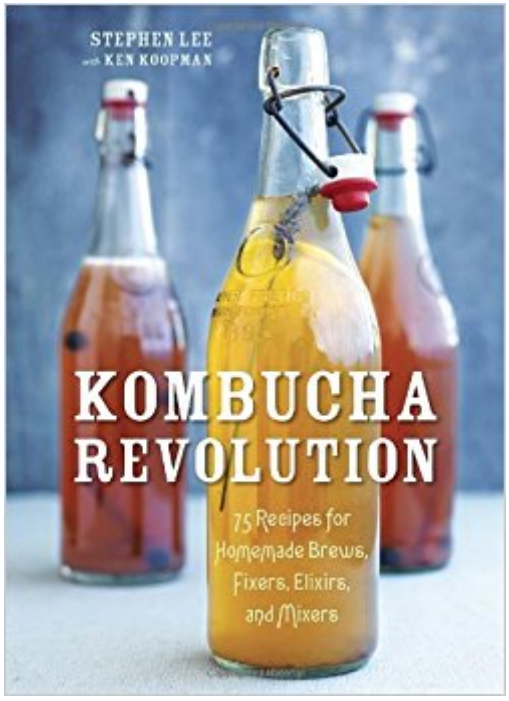
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Kombucha Revolution: 75 Recipes For Homemade Brews, Fixers, Elixirs, And Mixers



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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 DrinkKombuchaÃ¢â ¬â •a fizzy, fermented tea-based beverage packed with probiotics, vitamins, and enzymesÃ¢â ¬â •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 recipesÃ¢â ¬â •plus contributions from brewers, bartenders, and chefs like Ã¢â ¬Å“Kombucha MammaÃ¢â ¬Â• Hannah Crum and WildwoodÃ¢â ¬â„¢s Dustin ClarkÃ¢â ¬â •for infusing your brew with fruits, herbs, and spices, and incorporating it into juices, smoothies, sauces, snacks, sweets, and cocktails. With recipes for LavenderÃ¢â ¬â œGreen Tea Kombucha, Cranberry Bitters Cocktails, Kombucha Vinegar, Green Smoothies, Kombucha Lime Ceviche, Ã Â and Kombucha Pear Sorbet, mixing this healthful brew into your everyday lifestyle has never been so revolutionary.

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Customer Reviews

Ã¢â ¬Å“Whether youÃ¢â ¬â„¢re first hearing about kombucha right this second or youÃ¢â ¬â„¢ve been filling your fridge with it for years, spend ten minutes with Kombucha Revolution and

youÃ¢â ¬â„¢ll be leaping from your seat to try brewing it. Even as a longtime kombucha brewer myself, I found Stephen LeeÃ¢â ¬â„¢s detailed recipes for making and usingÃ Â kombucha to be eye-opening. HeÃ¢â ¬â„¢s doing things with kombucha that I never imagined, and I canÃ¢â ¬â„¢t wait to try every single one of them.Ã¢â ¬Â• Ã¢â ¬â •Emma Christensen, recipe editor at The Kitchn and author of True Brews

STEPHEN LEE has cofounded and sold two of the country's best-known tea brands, Tazo Tea and Stash Tea. After discovering kombucha on one of his tea importing trips to Russia, Stephen launched Kombucha Wonder Drink in 2001. It can now be found in natural foods stores, grocery stores, pubs, spas, hotels, college campuses, and coffee and tea houses across the country. He also recently launched Tea Tibet, a not-for-profit tea company benefiting Tibet.

Kombucha Revolution By Stephen Lee and Ken KoopmanI have been a Kombucha brewer for a few years now, and I have always made it simple, using organic tea, spring water and organic sugar. I've had my Scobys for years and have given away more than I can count off hand. I've heard, read and seen that you can step it up using additional ingredients and do more with it than just drink it. Until I received this book, I never made the move other than to use a strong Kombucha tea in place of vinegar. Well, now I have to admit, I see the opportunities, am truly a convert, and I am not looking at those 3 gallons I have sitting on my counter as something just to to drink, but a new hobby. Wow! The authors begin the book appropriately with 'What is Kombucha? What are the health benefits, and just how do you make it?ÃƒÂ¢Ã â ¬Ã Â•. The lesson on brewing tea properly, with the correct temperatures, the correct way to boil water (yes, there really is, can't do it too long or you will have flat water), the tools you need and proper steeping times were my first eye openers to an actual art. There are hints from master brewers and ideas for infusions that are equally delicious and healthy..I made a few of the recipes so far and have been pleased with the results. There are chapters on Juices and smoothies, spirited and non spirited cocktails followed by dressings and dunks. There are surprising recipes using Kombucha in food for main dishes, salads and even a sourdough starter. The recipe portion of the book ends with sweets and ices.. so you can gather for sure, there is something for absolutely everyone in this healthful recipe collection for a unique and beneficial drink you can easily make on your own.I recommend this attractive, organized 151 page well designed book to anyone who has any desire to take one more step in the control of their health. I was given this book for review and it is my honest opinion.Jeanie Beresford NTP

ÃƒÂ¢Ã â ¬Ã Å“Kombucha. ItÃƒÂ¢Ã â ¬Ã â„¢s been called the ÃƒÂ¢Ã â ¬Ã Ëœelixer of life,ÃƒÂ¢Ã â ¬Ã â„¢ 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.ÃƒÂ¢Ã â ¬Ã 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 ÃƒÂ¢Ã â ¬Ã Å“babyÃƒÂ¢Ã â ¬Ã Â• 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 ÃƒÂ¢Ã â ¬Ã Å“Stephen LeeÃƒÂ¢Ã â ¬Ã â„¢s Master Plain Kombucha Recipe,ÃƒÂ¢Ã â ¬Ã 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 sayÃƒÂ¢Ã â ¬Ã Â¦ I am frugal!), but the taste was excellent. However, I am very happy with my own weaker version and will probably continue making it that way in the future, both to save money on my kombucha habit and to keep the caffeine content down.Experienced brewers will also want to take a look at his basic recipe as it includes a tip for quickly cooling the brewed tea that had not occurred to me before and I will be incorporating into my weekly brewing routine from now on!While the bulk of this 151 page book consists of 75 lovely recipes for a variety of flavors of home brews and infusions, juices and smoothies made with kombucha, and a substantial section of ÃƒÂ¢Ã â ¬Ã Å“spirited cocktailsÃƒÂ¢Ã â ¬Ã Â• for adults only, the joy of kombucha doesnÃƒÂ¢Ã â ¬Ã â„¢t just stop with drinks, however. Kombucha Revolution also includes three chapters devoted to foods that feature the unique flavor of kombucha as an ingredient. These food recipes range from a simple kombucha vinaigrette to the exotic like kombucha tea-brined eggs and everything in between.Though not 100% paleo (a delicious sounding recipe for harvest breakfast bread with kombucha sourdough starter is an obvious no-go

for the paleo purist), the vast majority of recipes would fit right into a grain-free, legume-free, and dairy-free eating style with no modification needed.The bottom lineWhether you are new to kombucha completely or an experienced brewer, Kombucha Revolution will be a nice addition to your library or gift for curious friends and family! Not only are the recipes and directions spot on, it includes gorgeous photographs and really demystifies the whole process nicely.

I'm really disappointed by this book. As a long-time Kombucha brewer and enthusiast I was excited to add new flavors of kombucha to my arsenal and learn new techniques. I was incredibly disappointed when the book arrived to find there are only a handful of recipes that actually involve brewing kombucha. From the title I was led to believe there were 75 kombucha recipes in this book. Instead there are only 12 actual brew recipes and the rest are ways to cook with it. There are more recipes that involve making smoothies in this book than there are actual kombucha recipes. This book just arrived on my doorstep today so I'm debating on whether or not to return it. At only $12 I'm sure I can find at least 12 worth while recipes and at $1 a recipe that isn't a bad deal. But it certainly isn't anywhere close to the 75 recipes that the book advertises.

This is written by "Kombucha Wonder Drink" founder. While I was excited to read about the concoctions that he has for me to try (and some of them sound delicious), most of the recipes are food recipes using Kombucha. There are about a dozen Kombucha flavoring concoctions. The rest are - juices & smoothies, spirited cocktails, dressings &dunks, Kombucha at the table, and sweets & ices recipes. So if you want a book that has a bit of everything about Kombucha, then this is a great book. I personally have a different favorite Kombucha book.

BEST kombucha book for beginners! It has a ton of useful information on the back story and history as well as how to brew kombucha, different recipes for using kombucha in cooking and how to infuse fruit in them to flavor them. It is a great beginner book and the pictures are top notch. I also enjoyed that they had a lot of trouble shooting information in them so you can tell when your scoby is healthy vs unhealthy. My one stop shop for kombucha brewing. I keep it close to the kitchen for reference and because it's simply beautiful.

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