

# Kombucha and Sauerkraut Class: Ingredients and Tools

This list may look long, but you likely have the tools in your kitchen already. Before class, as you gather your ingredients and tools, you may find it helpful to check off each item as you organize it all in front of your computer or other device.

In addition to the supplies and tools listed here, you may also want to bring something to write on. People like to take notes during my classes.

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## Sauerkraut

### Ingredients

- 1 two-pound cabbage
- salt

If desired:

- 4 carrots
- 6 to 8 radishes
- 1-inch piece of ginger
- 6 cloves garlic

### Notes on ingredients

- You can make delicious sauerkraut with just cabbage and salt. Carrots, radishes, ginger and garlic are nice additions but they are not necessary.

### Tools

- Cutting board
- Large knife
- If adding carrots or radishes, a grater
- If adding ginger, large spoon for peeling it
- Measuring cups
- Large bowl for the vegetables
- Plate that can fit inside the top part of the large bowl to weigh down vegetables
- A weight such as a jug filled with water: this goes on the plate, inside the large bowl
- A few wide-mouth jars of various sizes: 1 quart is a good size, 1 pint might come in handy
- Small jars to fit into your big jars: I use small glass yogurt jars for this. Don't worry too much if you can't find these. If you want to splurge, you can also buy weights from Cultures for Health. I have never used these because they are expensive and I don't like buying a lot of fancy equipment. But they sure look nice!: <https://www.culturesforhealth.com/masontops-pickle-pebbles.html> The standard size will do.
- A towel

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## Kombucha

### Ingredients

- \_\_\_ SCOBY—a symbiotic culture of bacteria or yeast, also known as a mushroom or a mother
- \_\_\_ 1 tablespoon of tea from the camellia sinensis plant: black, green, oolong, white or puerh
- \_\_\_ Kombucha OR apple cider vinegar with the live mother
- \_\_\_ 1/2 cup granulated sugar
- \_\_\_ Water for your kettle
- \_\_\_ A few cups room temperature or cold water to cool tea down

### Notes on ingredients

- The only real trick to making kombucha is finding a SCOBY. Search on craigslist or a similar marketplace. I have seen SCOBYs on Etsy also. Please start looking for your SCOBY now in case you have trouble finding one.
- Any granulated sugar will work. Stevia will not work.
- I use looseleaf tea. You can also use tea bags. One or two tea bags are plenty.
- I would fill up your kettle with a couple of cups of water before class begins. I'll let you know when to boil it.
- You will need a little bit of kombucha to make your kombucha. If you can't find any good quality kombucha, you may also use raw apple cider vinegar with the mother. Bragg's is a good brand. Here is the company's website: <http://bragg.com/products/bragg-organic-apple-cider-vinegar.html>

### Tools

- \_\_\_ A kettle or pot for boiling the water
- \_\_\_ Glass measuring cups—ideally a four cup measuring cup
- \_\_\_ If using looseleaf tea, a tea infuser
- \_\_\_ Measuring cup for dry ingredients (for your sugar)
- \_\_\_ A few metal spoons
- \_\_\_ A jar large enough to hold over four cups of kombucha and your SCOBY
- \_\_\_ A little cloth that you will secure to the top of your large jar
- \_\_\_ A rubber band or string to attach the cloth to the jar