

INGREDIENTS



1 Gallon
Fermentation Jar

Lid with Airlock

Fermentation Weight

Adhesive Thermometer

8 oz Packet
of Brown Sugar

Cinnamon Stick

Muslin Bag

YOU WILL NEED:

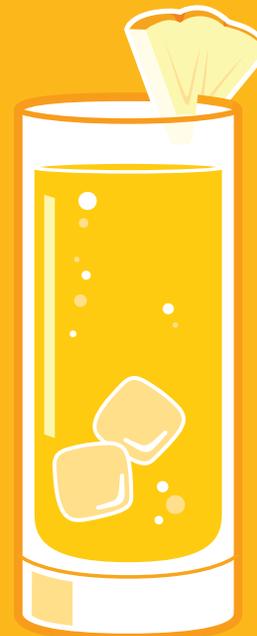
1-2 Ripe Organic
Pineapples

Filtered Water



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TEPACHE MAKING KIT



Fermenting Instructions

Plus Tips for Best Results



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PREPARATION



CLEANING EQUIPMENT AND PREPPING INGREDIENTS

To create a sterile environment to ferment, you'll want to make sure you thoroughly clean all of your equipment prior to first use.

For best results, we recommend using organic pineapples if possible, since the pineapple peel is crucial in this recipe. When using organic pineapples, give them a light rinse, no need to thoroughly wash unless there is visible dirt on the surface, as any natural bacteria on them will aid in the fermentation process.

DIRECTIONS

- 1 Cut off the base and crown of the pineapple. Carefully trim the peel off the pineapple with a sharp knife, maintaining roughly $\frac{1}{2}$ inch of the flesh on the peel.
- 2 Add 10 cups (80 oz) of water and brown sugar to the jar and stir to help dissolve the sugar. Add the cinnamon stick and the pineapple skins to the jar. You may add an additional handful of the actual pineapple fruit, if a sweeter flavor is desired for the final tepache.
- 3 Add the fermentation weight to the jar to make sure everything is submerged.
- 4 Cover the jar with the lid and assemble your airlock. Make sure you've filled the airlock with water up to the fill line before affixing it to the lid. Place the stick-on thermometer onto the side of the jar to monitor the temperature during fermentation.

- 5 Let ferment at room temperature and out of direct sunlight for 2-3 days. After you notice small bubbles in the jar after a few days, taste your tepache to determine whether it is ready, or if it needs more time. If you decide to give it more time, check it every day until the desired flavor is reached.
- 6 Use the included bag to filter the tepache while emptying the jar into a large pot or vessel. Once finished, transfer to the refrigerator and enjoy uncarbonated, or bottle your tepache to carbonate it.
- 7 To carbonate your tepache, transfer into pressure rated bottles like a beer bottle or flip top bottle, making sure to leave at least 1 inch of headspace at the top of the bottle to reduce the risk of it overflowing.

WARNING!

Do not leave your sealed bottles at room temperatures for more than 3 days, the carbonation can build up if not refrigerated (too much bubble pressure). This can lead to a dangerous situation where bottles explode. We suggest tasting the water kefir after 24 hours to see if you are satisfied with the carbonation levels. If you want it more carbonated, continue storing at room temperature and check again every 24 hours until the desired carbonation level is reached.

STORAGE TIPS

- Keep your fermentation jar in a low activity place, away from food prep, trash and plants.
- Always keep your fermentation jar at room temperature, between 68-85 degrees fahrenheit.
- If the fermentation jar is sitting on a surface that can get cold, like a countertop, put a towel or cutting board down for insulation.

To watch an instructional video for this kit visit PopCultures.Co