

MASTER THE ART OF FERMENTATION

Fermented flavours are being adopted by bars worldwide with venues increasingly experimenting with fermented ingredients. Try these recipes to explore this age-old technique and further push the boundaries of your craft.



TEPACHE

24 serves of 180ml bottles

- 3 medium-sized pineapples
- Cinnamon syrup (800g water + 600g unrefined cane sugar + 180g Cinnamon bark)
- 3 x jalapeño to taste (optional)
- 4 litres of de-chlorinated water

INSTRUCTIONS

1. Prepare 4 litres of de-chlorinated water (boil for 15-20 mins and let it cool down to room temperature).
2. Make a cinnamon syrup (boil water, sugar and cinnamon and then simmer until a rich cinnamon flavour is extracted. Set aside and let cool).
3. Remove pineapple leaf, set the pineapple upright and slice from top to bottom around the core with the pineapple skin intact. You should have two large slices and two smaller slices. Cut the large slice in half. *Do not cut pineapple further and release too much pineapple juice in the final product, or it will end up tasting like fizzy pineapple juice! Set all the sliced pineapple aside.
4. Mix 4 litres of de-chlorinated water with cinnamon syrup and transfer to a clean wide mouthed glass container with a lid.

5. Add sliced pineapple with the skin intact and the pineapple core into the water and cinnamon syrup mixture.
6. Vigorously mix the batch with a long spoon so the skin of the pineapple gets contact with the sugary liquid.
7. Place a heavy plate on top of the mixture so the pineapple is all submerged in the liquid inside the glass container. *This avoids any mould formation and maximises the skin and liquid contact.
8. Place lid on top and let it ferment at room temperature for around 3-4 days.
9. Monitor daily. Once the bubbles start forming on top of the surface of the tepache, taste.
10. Bottle when the desired flavour is reached. *It should taste a little vinegary and provide enough acidity to balance with all the sugar.
11. Bottle and seal with a proper bottle cap. Let it ferment at room temperature for another 1-2 days.
12. Place it in the refrigerator and serve with a lime when it's cold.





KOMBUCHA

Kombucha is a good place to start if you're trying fermenting for the first time.

1. Obtain SCOBY (Symbiotic Culture of Bacteria and Yeast).
2. Brew chemical-free tea using chlorine free water and add approximately 10-12% brix sugar content.
3. Add approximately 20-25% of the finished kombucha to bring down the ph. level that prevents any pathogenic organisms to thrive and prevent mould forming.
4. Add the SCOBY on top of your Kombucha (make sure it's cooled down to room temp first). *It will mostly float on top but sometimes sink to bottom. Don't worry if it sinks, it will rise back up in a few days.
5. Every completed kombucha will give you a new SCOBY which literally grows on top of the older SCOBY.

..... DIAGEO

BAR ACADEMY

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Kombucha normally takes anytime between 7-14 days depending on the temperature.

Taste it every day to your desired acidity level. The longer you ferment, the sourer it gets. The acetic acid bacteria which is present in the SCOBY will make kombucha taste like vinegar if over fermented.

Don't worry if it does over ferment, you can use the kombucha as a dressing on a salad or by adding a few drops to cocktails needing an extra zing.

BACK-SLOPPING TECHNIQUE

Once your fermented cocktail flavour is ready, most of the bacteria will float on top and yeast will sink to the bottom. You can visibly see the whitish yeast in the bottom of your fermenting vessel. If you have to make a new batch, it is recommended to scoop out a little bit from the top for your new batch. This is also called "black-slopping" - as referenced in the NOMA fermentation guide, a useful resource for fermentation.

