



True Brews: How to Craft Fermented Cider, Beer, Wine, Sake, Soda, Mead, Kefir, and Kombucha at Home

Emma Christensen

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This accessible home-brew guide for alcoholic and non-alcoholic fermented drinks, from Apartment Therapy: The Kitchn's Emma Christensen, offers a wide range of simple yet enticing recipes for Root Beer, Honey Green Tea Kombucha, Pear Cider, Gluten-Free Sorghum Ale, Blueberry-Lavender Mead, Gin Sake, Plum Wine, and more.

You can make naturally fermented sodas, tend batches of kombucha, and brew your own beer in the smallest apartment kitchen with little more equipment than a soup pot, a plastic bucket, and a long-handled spoon. All you need is the know-how.

That's where Emma Christensen comes in, distilling a wide variety of projects—from mead to kefir to sake—to their simplest forms, making the process fun and accessible for homebrewers. All fifty-plus recipes in *True Brews* stem from the same basic techniques and core equipment, so it's easy for you to experiment with your favorite flavors and add-ins once you grasp the fundamentals.

Covering a tantalizing range of recipes, including Coconut Water Kefir, Root Beer, Honey–Green Tea Kombucha, Pear Cider, Gluten-Free Pale Ale, Chai-Spiced Mead, Cloudy Cherry Sake, and Plum Wine, these fresh beverages make impressive homemade offerings for hostess gifts, happy hours, and thirsty friends alike.

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