



### **Tepache Fermented Pineapple Drink**

*Refreshing bubbly drink with a sweet, cider-like taste.*

- 1 fresh pineapple peels; core
- 8 cups spring or purified water
- 1 cup granulated or Turbinado sugar
- 2 whole cloves
- 1 cinnamon stick
- 1/2 teaspoon brewer's yeast, optional

1. Rinse to clean fresh pineapple. Cut off the pineapple crown leaves and a slice from the root end. Remove the peels; place in a half gallon jar or large glass jug. Remove the core from the pineapple flesh. Reserve pineapple flesh for another use. Cut core into large chunks, place in the large jar with the peels.
2. Add combine sugar, cloves, and cinnamon stick to the pineapple peels and core in the large jar. Fill the jar with spring water; add brewer's yeast, if desired. Mix well, dissolving the sugar mixture.

3. Cover the jar with a fermentation lid or cheesecloth wrap, which allows the brew to de-gas continually. Place jar on your counter or in your pantry; let sit for 24 hours. Note: if it is very hot, check after 12 hours.
4. With a wooden spoon, skim away any white foam that has formed on top of the liquid. Loosely cover again and let ferment for another 24 to 48 hours. Feel free to taste after 24 hours.
5. Strain liquid from the jar into a pitcher. Taste for sweetness; add more sugar if needed. If you prefer a more diluted version, mix 1 cup of Tepache into 1 quart of water.
6. Serve over ice. If you do not use all the Tepache after it's strained, store in your refrigerator in a glass container to enjoy later. Serves: 6

**Recipe by:** Chef Natasha Ford from *Fermentation for Beginners Class*

Hint from Chef Natasha – By adding brewer's yeast, it will become a low-alcohol drink. Do not let mixture ferment longer unless you need pineapple vinegar.

**About the Recipe:** Tepache is a refreshing bubbly drink with a sweet, cider-like taste. It's made from the peels and core of a fresh pineapple. By adding brewer's yeast, it becomes a sparkling Mexican low alcohol drink. It's enjoyed also as a healthy beverage.

**What is Tepache?** Tepache is a popular Mexican drink made of fermented pineapple rind that is also known as pineapple beer. It's a refreshing bubbly drink with a sweet, cider-like taste. Due to the fermentation process and prebiotic feature, it helps the body's microbial flora and is rich in manganese, calcium, vitamin c, and phosphorus. It fights inflammation and contains antioxidants. For More Information See:

<https://blog.amigofoods.com/index.php/mexican-foods/tepache/>