



Pineapple Tepache (fermented Mexican drink)

- 1 ripe pineapple
 - 1 cup light brown sugar
 - 8 cups water
 - Optional: sliced fresh ginger, ½ red chili, 1 cinnamon stick, 3 whole cloves
- **Cut:** rinse the pineapple with cool tap water. Remove: top, bottom, and peel. Use remaining pineapple as desired, retaining the skin and core to ferment.
 - **Assemble:** Add sugar and 1-2 cups water to a clean large glass jar, stir to dissolve sugar. Add optional flavors, the
 - pineapple rinds, then add remaining water. Submerge all ingredients in the liquid, weigh it down using a glass, ladle spoon, or fermentation weight.
 - **Ferment:** Cover with a clean dish towel, secure with an elastic or string. Set somewhere dark at room temperature. Fermentation can take 2-6 days depending on room temperature. Bubbles should be seen within a few 2 days.
 - **Drink or Bottle:** The tepache is finished when many small bubbles are visible on top and it tastes right. Either refrigerate and drink the tepache as is or carbonate it in the second fermentation.
 - **Second Fermentation (Optional):** Funnel the liquid into fermentation safe bottles, leave about 2 inches free at the top of each bottle. Set somewhere dark at room temperature and then allow it to ferment for another 2 to 6 days. After 24 hours, pop open a bottle to see how carbonated it has become and to gauge how much longer they will need. When the tepache has reached preferred carbonation level, transfer to the refrigerator to stop the fermentation.
- **Tips**
 - **Reuse the pineapple peels** for another 1 or 2 rounds after your initial fermentation.
 - **Blast zone:** Carbonating tepache in the second fermentation does involve pressure build up inside the bottles. There is a risk of bottles exploding, check bottles regularly and move them to the refrigerator when done.
 - **Store** finished tepache in a sealed container in the refrigerator for up to a year. As with most fermentations, tepache will last virtually forever due to the acidity. Over time the flavors will continue to develop towards yeasty.
 - **Local Fruits**
 - Apples: Apple peels and cores can be fermented similarly to make an apple-based tepache. This works well in the fall when apples are in season.
 - Berries: Blueberries, raspberries, or cranberries can be used in smaller batches for a more tart and vibrant drink.
 - Plums and pears: These fruits ferment well and can produce unique, slightly sweet beverages.