

Cody's Tepache Recipe



Ingredients

- 1 whole pineapple
- 5 cups of water
- 1 cup brown sugar (or piloncillo)
- 1 cinnamon stick

Instructions

1. Dissolve 1 cup of brown sugar into 5 cups of water. It doesn't need to boil. Set aside to cool down and toss in the 1 cinnamon stick.
2. Rinse the outside of your pineapple but don't go crazy. Just a rinse.
3. Cut up your pineapple and set aside to eat later. Save the skins and the core!
4. Cut the skins and core up into small pieces and add them to a jar or pot.
5. Once cooled, pour your sugar water on top of the cut skins. You want everything to be submerged.
6. After about 2-3 days, you should notice a nice white foam on top of everything. Your tepache is ready.



7. You can drink it like this or you can bottle it to let it carbonate. I put mine in a bottle for no more than 24 hours because they carbonate FAST. Set the bottles in the refrigerator to stop fermentation.
8. Enjoy!