

Tepache: Fermented Pineapple Drink

Ingredients:

- 1 Whole Ripened Medium-Large Pineapple
- 1 Ripened Banana Peel
- 1 Cinnamon Stick, or 1 Teaspoon of ground cinnamon
- ½ cup brown sugar
- 3 Pieces Star Anise, optional
- 1,000 ml water, preferably filtered not tap

Prep:

Begin by removing the pineapple skins and top. Save the skins as this is what we will use for the drink. Place all ingredients in glass jar, cover with water and stir till sugar is dissolved. Ingredients will need to be weighed down with a weight to prevent spoilage. Cover jar with cloth and rubber band or seal jar with lid. Jar will need to be mixed every day to incorporate more oxygen to the drink. After 4 days, taste and observe the fizziness of the drink. If more fizz and sourness is required ferment for 1-2 more days.

