

PINEAPPLE SODA (TEPACHE)

From the Kitchen of: Adam Roy, Professor of Culinary Management, Michigan State University

Preparation Time: 30 minutes | **Cook Time:** 25 minutes | **Yield:** 3 servings

"This probiotic beverage is excellent as-is or perfect for a base used in cocktails or mocktails," says Adam. Tepache is a natural pineapple soda that is "effervescent, tangy, and full of flavor." Originally from Mexico, tepache is a great way to turn the skin and core of pineapples into a delicious beverage. Adam loves this recipe because "the cost is unbelievably low, and the effort used to make it is very reasonable for the quality of the final result."

INGREDIENTS:

- 1 whole pineapple, ripened at room temperature until sweet and the peels are golden in color
- 1 cup brown sugar, or piloncillo (if available)
- 1 gallon spring water (or tap water)
- 1/2 teaspoon Sichuan peppercorns
- 1 teaspoon black peppercorns
- 1/2 cinnamon stick
- 1 star anise
- 1 Thai bird chili pepper or any spicy chili pepper, dried

SPECIAL EQUIPMENT:

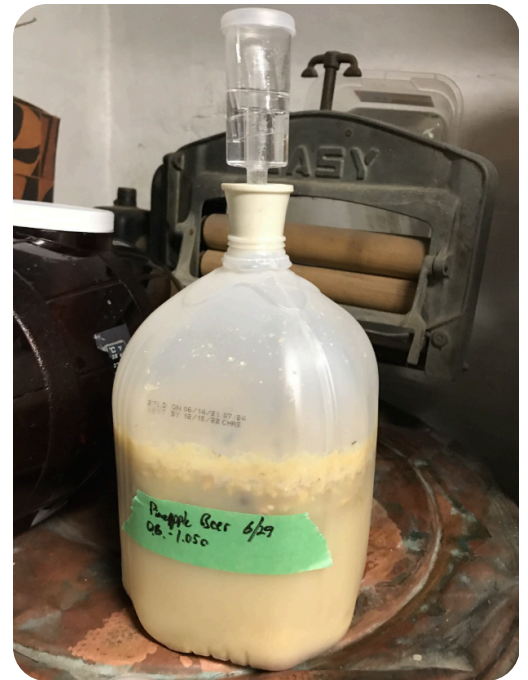
- 1 (1-2 gallon) glass or ceramic container
- 1 piece of cheesecloth
- 1 funnel or strainer to fit the top of the container
- Blender
- 16 (8-ounce) beer bottles with caps and capper or 2 2-liter soda bottles
- 1 empty water bottle with a tight closing cap



INSTRUCTIONS:

- Peel the pineapple, reserving the peels. Quarter the pineapple and cut the core out at an angle.
- Reserve the pineapple "meat" for enjoyment anytime.
- Bring the brown sugar and some water to a boil or heat them in the microwave until the sugar is dissolved. Cool the sugar syrup to room temperature.
- Place the peels skin-side-up on a cutting board. At a very sharp angle, slice the meat close to the peel and put in the blender with each quartered core chopped up. Reserve all the peels.
- Blend the pineapple cores and trimmed pineapple meat from the peels with some spring water until they are smooth.

- Put the sugar syrup, blended pineapple, peppercorns, cinnamon stick, anise, chili pepper, and the rest of the spring water mixture in a glass or ceramic container with a cover to ferment at room temperature for 5-7 days. Milder temperatures work best. When you see white bubbles, the ferment is healthy.
- Taste the mixture every day with a clean spoon. It should sour slightly and have a caramel-pineapple flavor. After 5-6 days, your ferment should be done. If the mixture develops a foul smell or taste, or unusual color, discard the soda.
- When it is sour enough for your taste, filter the mixture through a fine cheesecloth into another container.
- To carbonate, pour the mixture into beer bottles or soda bottles. Cap them tightly.
- Before capping all of the mixture, add a bit of the mixture into the clear plastic water bottle (tester bottle), then squeeze and cap so the bottle is deflated. Keep it at room temperature for 2-5 days until the “tester bottle” is firm to the touch.
- Put all the bottles in the refrigerator for 24 hours. When you are ready to open, do so VERY CAREFULLY over a sink, in case the bottles have pressurized.
- Pour and enjoy the “best soda you will ever have!”



ALL ABOUT PINEAPPLES:

Pineapples are a sweet and acidic fruit that are native to the Amazon rainforest and have been enjoyed by the people of South and Central America for thousands of years.

When choosing a pineapple from the store, look for a pineapple that has a sweet smell and a slightly soft texture, but with no visible signs of mold. Leaves should be green, not brown.

Industrial pineapple production has been associated with environmental concerns, like soil erosion, deforestation, and pesticide contamination, as well as poor labor conditions.