

Tepache

September 9, 2021



SAVE RECIPE



Ingredients

Serves 4 to 8

1 Mexican cinnamon stick

3 star anise

5 allspice berries

3 whole cloves

1 cup (240 ml/8 fl oz) water

1 piloncillo cone, shaved, or about 1 cup (190 g) brown sugar

Pinch of salt

Rind of 1 fresh pineapple

2 tablespoons white chia seeds (optional)

Step 1

In a small pot, toast the whole spices over high heat, stirring constantly, until fragrant, 1–2 minutes. Add the water, sugar, and salt and bring to a boil. Once the sugar is mostly dissolved, remove from the heat and let cool to lukewarm.

Step 2

Place the pineapple rinds in a large vessel such as a pitcher, a deep clay pot, or a jug. Pour the spiced sugar syrup over the rinds and add more water until the rinds are completely covered. Cover the vessel opening with cheesecloth—you can tie it in place with twine—and allow to ferment at room temperature until there is foam on the surface and the texture of the liquid is slightly viscous, 2–4 days. Stir once a day.

Step 3

Strain (discard the solids). Add the chia seeds if using, stirring occasionally for 15 minutes to avoid clumping, and then refrigerate for at least 1 hour and up to 1 week. You can adjust the sweetness up or down by adding more water or more sugar.

Step 4

Serve over plenty of ice.

Note:

To make Pear Tepache instead: Replace the pineapple rind with 4 sliced pears.



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