

Homemade Tepache



Don't throw away those pineapple rinds! You can turn them into Tepache. Tepache, a traditional probiotic-rich sweet and tangy Mexican beverage, embodies the essence of sustainable living while offering a delightful and refreshing experience. Crafted from the fermentation of pineapple peels and core, a part often discarded, tepache stands as a testament to the innovative use of food waste!

Preparation 5 min

Cooking 0 min

Servings 8

Nutrition Facts (per serving)

Calories 100

Fat 0

Carbohydrates 25

Fibre 0

Protein 0

Sodium 0

Ingredients

- The rinds of one organic pineapple, rinsed in room temperature water
- 250 ml (1 cup) sugar (brown or white)
- 2 L (8 cups) water, room temperature

Preparation

1. Put the rinsed pineapple rinds and sugar into a large, clean glass jar. Top with the water and stir
2. Make sure the pineapple rinds do not float to the top and are exposed to air in order to avoid mould from forming
3. Cover the opening of the jar with a clean dish towel (or several layers of paper towel) and secure it with an elastic. For safety reasons, do not ferment in an airtight jar, as this may create excess pressure on the jar.
4. Let the mixture ferment at room temperature for 2-5 days until desired taste and sweetness is achieved. The longer you let it ferment, the more acidic and less sweet the drink will become. Strain before serving.

Notes

Can be refrigerated 2-3 weeks, cannot be frozen.

To ensure the best quality and safety, it's recommended to store tepache in airtight containers and keep an eye on its appearance and smell. Any signs of mold, unpleasant odors, or an overly sour taste indicate that the tepache should be discarded. Open the container every 1-2 days to ensure a release of pressure buildup from continued fermentation.

Nutrition facts will vary depending on the fermentation time. Longer fermentation will decrease sugars.



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