



Bloom & Echo Fermented Kombucha, Water Kefir & Cocktail Workshop with Erin Lang

**** Kombucha and water Kefir are wonderful exciting effervescent drinks with infinite flavor possibilities and amazing health benefits. We welcome you to come learn how to make them at home and how to incorporate these dynamic ingredients into your own creative 'living cocktails'. ****

Erin Lang is a musician, composer, mixologist and chef with a passion for spontaneity and fusion that appears in her music, her kitchen and her cocktails. With a deep consciousness for the environment and a playful artistic flare, Erin has been creating vegan food events and cocktail experiences for over 10 years with an emphasis on wild ferments, home brewed mixers and bitters and living and raw foods.

Erin has been invited to create sound-art and food and cocktail events with her own type of 'living cocktails', internationally and is now based in Berlin, Germany.

The world of fermentation is alive and well and awareness around this vital alchemic process is regaining popularity as the essential qualities of fermentation are not only being used for health reasons but also the incredible tastes and flavors and in the exploration of international cultural history and culinary practices. Fermentation dates as far back at 7000 BCE and has sustained humanity for centuries and continues to thrive around the globe.

In this workshop we explore how to use some of these ancient practices in modern and excitingly inventive ways.



Kombucha & Kefir Workshop

We will learn to create Kombucha and water Kefir, the delicious probiotic sparkling fermented drinks first created thousands of years ago. We will go through the steps of making it at home and discover some creative ways of using it in cocktails as well as exploring some of the philosophies and practices of inventing your own cocktail creations.

In the workshop we will discuss:

Fermentation History

Health Benefits of fermentation and probiotics

Kombucha and Kefir Origins

Hands-on process including:

- *Tasting of different brews from different recipes*
- *2 stage fermentation explained*
- *Equipment*
- *Variations*
- *Troubleshooting*
- *Usages for Kombucha, Kefir and their byproducts*



We will then move on to the cocktail-creation portion of the workshop, which includes:

- *Philosophies of mixology and balance and finding your confidence and creativity*
- *Equipment*
- *Elements, cocktail families*
- *Spirits, brands, flavours and infusions*
- *Syrup creation*
- *Hands on Bitters creation*
- *Mixers*
- *Wild fermented Brines*
- *Rims & garnishes*
- *Virgin cocktails*

We will then create the 'Boreal' cocktail together using a smoky Lapsang suchong Kombucha and 'Freya' using a plumb cardamom water Kefir. We sample and learn how to refine our drinks.

Your workshop will also include:

- The recipes for making Kombucha + kefir at home
- Kombucha mother to take home
- Basic cocktail kit
- Your hand-made bitters in dropper bottles to take away
- 'Boreal' and 'Freya' cocktail recipes

We look forward to exploring the world of fermentation and creative cocktail creation with you!

For any questions or inquiries please don't hesitate to get in touch at:
info@bloomandecho.com +49 162 514 6664 www.bloomandecho.com

We are also available for your special events to create and serve a curated cocktail menu with our living cocktails accompanied by creative finger food pairings. We also create private vegan 5 course dinner experiences that begin with an introductory 'living cocktail'.

