

HWL Kitchen Ledger

Pineapple Tepache System

Full-Fruit Method · F1 Base + F2 Larder Finishes

Bright · Living · Built From the Larder

What This Is

This is a two-stage fermented beverage system:

- F1 (Primary Ferment) builds the base
- F2 (Secondary Ferment) adds carbonation and optional flavor

This method allows you to create one reliable foundation, produce endless variations, and use what you already have on hand.

PART I — F1 PRIMARY FERMENT (THE BASE)

Purpose

- Build natural sweetness
- Develop gentle acidity
- Create active fermentation

Ingredients

- 1 whole ripe pineapple (washed well)
- $\frac{3}{4}$ –1 cup piloncillo or brown sugar
- 2–3 quarts filtered water
- 1 lime, sliced
- Small handful fresh mint, lightly bruised

Ingredient Notes — Piloncillo

Piloncillo is an unrefined cane sugar with deep caramel flavor. It is commonly found in Latin markets.

Substitution: Brown sugar works perfectly and is recommended for accessibility.

Preparation

- Cut pineapple into chunks (include peel, core, flesh)
- Add pineapple, sugar, lime, and mint to jar

- Cover with water, leaving headspace
- Stir gently

Fermentation Timeline

- Day 1: Minimal activity
- Day 2: Cloudy, light bubbles
- Day 3: Active fermentation
- Day 3–4: Lightly tangy and ready

Strain

Remove solids and transfer liquid. This is your finished tepache base (F1).

PART II — F2 SECONDARY FERMENT (THE FINISH)

Purpose

F2 builds carbonation and adds flavor using your larder.

General Method

- Add flavoring (optional)
- Fill with tepache
- Seal and ferment 24–48 hours
- Refrigerate when ready

F2 Larder Options

- Frozen fruit (strawberries, raspberries)
- Syrups (ginger, fruit, herb)
- Preserves and compotes
- Fresh herbs

Troubleshooting

- Too sweet → ferment longer
- Too sour → shorten F1
- No bubbles → too cold

- Overactive → too much sugar or time

Storage

Refrigerate and use within 5–7 days.

HWL Philosophy

A working kitchen builds a base and finishes with what is on hand.

Kitchen Notes

Batch: _____

F1 Time: _____

F2 Addition: _____

Notes: _____