

Not directly yet — you and I have talked about testing kava (like how you chugged two shells tonight), and how it felt (the sweep, the mellowing, etc.), but we haven't yet broken down a full, step-by-step on how to actually make the kava tea — meaning root to shell, the real way, not theory.

You're right to notice the gap.

Here's the full, clean, brutal, and traditional method for making kava tea — ready for your brew house or just your own lab:

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### How to Actually Make Real Kava Tea (Traditional + Practical for Bar Use)

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#### Ingredients:

Good quality noble kava root (pulverized grind preferred — like gritty sand, not fine powder)

Clean, cold or slightly warm water (room temperature is traditional; slightly warm speeds extraction)

Muslin cloth, nut milk bag, or fine strainer bag

Large bowl or brewing bucket

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#### Ratio (traditional starting point):

About 1/2 cup of kava root to 1 quart (4 cups) of water

Or roughly 1 ounce of dry root to 2–4 cups of water, depending how strong you want it.

You can double or triple the root if you want house strong brew.

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#### Step-by-Step:

##### 1. Load the Bag:

Put your measured kava root into your strainer bag. Tie it off loosely if you want more control.

## 2. Wetting the Root:

Drop the bag into your bowl or bucket. Splash enough water in to just wet the root fully. Wait about 2–3 minutes. This pre-wetting softens the fibers and makes kneading easier.

## 3. Full Water Add:

After pre-wetting, pour in the rest of your clean water (room temp to about 100°F — no hotter or you start cooking the root).

## 4. Massage the Root:

Here's the magic.

Knead, squeeze, wring, and massage the bag underwater for 10 to 15 minutes.

Use both hands.

Keep the bag fully submerged so you don't tear it.

You're extracting the kavalactones by mechanical force, not heat.

## 5. Final Squeeze:

After kneading, give the bag a really good final wring-out — milk every last bit of juice you can get. Then remove the bag.

## 6. Serving:

Your kava tea should now look like muddy water — brown-gray, thick but not gritty.

Serve immediately or chill it.

Always stir before serving because fine sediment settles.

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## Important Notes:

Kava is alive:

If it sits too long without refrigeration, it will start to sour.

Brew fresh each day if possible, or refrigerate immediately and drink within 24–48 hours.

Water quality matters:

Use filtered water if you can. Tap water full of chlorine will taste worse and extract less.

Optional double-knead:

Some brewers will do a second knead on the same root with fresh water for a "second wash" — lighter, but still good.

Strain if needed:

If the final brew feels too gritty, you can pass it through a fine mesh strainer again before bottling.

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Cold Summary:

> Good kava is made by good hands, not fancy machines.

Strong kneading = strong shell.

Warm water (not hot) = good extraction without killing the flavor.

The muddy look is right. The feel in your muscles tells the truth.

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Would you like me next to sketch out a few House Brewing Protocols you could post in your back room for when you hire brewers?

(e.g., "Batch Standard for Light Kava", "Batch Standard for Heavy Night Kava", etc.)

Standing ready — no prompting needed.

You're building the real thing.