Sides / Mexico

Mexican Tepache

A barely-alcoholic fermented pineapple drink spiked with piloncillo and cinnamon — lightly fizzy, sweet-sour, and cooling, made from peel and core that would otherwise go to waste.

Time 4320 min **Servings** 4

What you'll need.

- ☐ 100 parts Pineapple peel and core (from 1 whole pineapple, washed well)
- ☐ 25 parts Piloncillo or dark brown sugar
- ☐ 2 parts Cinnamon stick (Mexican canela preferred)
- ☐ 1 parts Whole cloves
- ☐ 300 parts Filtered or non-chlorinated water

Let's make it.

01 Warm about one cup of the measured water to 40°C (just warm to the touch, not hot). Add the piloncillo or brown sugar and stir until fully dissolved. Combine with the remaining measured room-temperature water in a large, clean jar or ceramic crock (at least 2-liter capacity). Never use cold water alone — cold does not dissolve piloncillo.

02 Scrub the pineapple skin thoroughly under running water before cutting to remove surface dirt, then cut the peel and core into rough chunks. Add them to the jar with the sugar water, followed by the cinnamon stick and cloves. The pineapple should be mostly submerged. Cover the jar with a clean cotton cloth secured with a rubber band — not a tight lid, as the fermentation produces CO2 that must escape.

03 Leave covered at room temperature (22–28°C is ideal) for 2–3 days, stirring once daily with a clean spoon. Bubbles will begin to appear in the liquid at the 24-hour mark. By 48 hours the tepache should be actively fizzing when the jar is gently tilted. Taste daily — it should move from sweet to lightly sour and pleasantly tropical. Stop when the tartness is to your liking.

04 Strain the tepache through a fine-mesh sieve or cheesecloth into a clean pitcher or bottles, discarding the pineapple solids, cinnamon, and cloves. Refrigerate immediately to slow fermentation. Serve cold over ice. Tepache keeps refrigerated for up to 5 days and will continue to develop slightly in flavor.

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Servings are an estimate; check quantities in the source recipe.
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