

Kratom Tea Recipe



I recently experienced some stomach problems that forced me to cut down my powder kratom intake. In my experience, digesting strained kratom tea is easier on the stomach than taking powder. This process/recipe isn't perfect, but it's been working really well for me. It takes about an hour from start to finish, maybe a little longer. For the batch photographed above, I used about 6-7 cups of water and about 25 grams of powder kratom. These amounts can be adjusted to your preferences for potency and quantity. Since I first started writing up this recipe, I've made larger batches using 10+ cups of water and 40+ grams of kratom. The water-to-kratom ratio you use will just depend on how much tea you want to make at once and how strong you want it to be.

Without further ado, you will need:

- 20 to 40 grams of powder kratom (crushed leaf can also be used and it might be easier to strain, although I've never tried it)

- mason jars with lids, at least 4, the more the better (if you don't have any mason jars there is a workaround... stay tuned)

- coffee filters

-one pitcher, preferably one with a handle

-tap water

-fresh lemon (optional)

To start, fill a medium or large saucepan with 8 cups water. Transfer to the stove and start heating up the water while you add your kratom. Once you have all the kratom in the pot, you can also squeeze some fresh lemon juice into it. The lemon juice isn't required, but it reportedly helps activate the alkaloids which leads to better effects. In my experience, adding lemon also improves the flavor of the tea quite a bit. Stir the kratom in until all of the clumps are gone and the mixture looks like green mud... this might take a couple minutes because kratom powder and water don't exactly mix easily. If you've ever toss-and-washed you probably know what I mean.



This part is key: try to avoid bringing the tea to a rapid boil. I've heard that boiling kratom at high temperatures can damage the alkaloids. I have no idea whether this is scientifically true or not. Anecdotally, my best batches of tea were made from a slow boil/simmer. Don't worry too much if it does start rapidly boiling, just crank the heat down. Leave it simmering for 20-30 minutes, stirring occasionally. After about 5-10 minutes, you might notice the color of the mixture starting to shift from its initial deep green color to a red-ish hue. This is a good thing! While your tea is simmering, start prepping to strain the kratom with as follows...

Put a coffee filter over the lid of a mason jar, and push it down inside the jar a little so that it makes a trough. Don't push the filter in too deep, you'll want to leave enough of the filter's edge outside the jar so that you can screw the mason jar's ring right over top of the edges of the filter, thus clamping it down. You'll be pouring the unstrained tea into the filter, so make sure it's

secure. Screwing the mason jar lid over the sides of the filter is a handy trick that makes the process easier, but if you don't have mason jars you can rubber band the edges of the filter around any glass container, as demonstrated below. You can use as many jars as you'd like; the more you use the quicker the straining process will go. Sometimes I'll use a bunch of jars and put small doses in each one. Experiment and find what works for you.



After 20-30 minutes of simmering, it's time to transfer the kratom from the pot to the pitcher. It's worth noting that all I have is this cheap pitcher, which I'm paranoid about pouring hot water into and melting the plastic, so I fill the bottom of the pitcher with ice cubes and pull the tea off the heat for a minute before transferring it. You should obviously be careful pouring the hot tea. Do the transfer in the sink (unlike I was about to do in the photo below)



I think you see where this is going... Start pouring the unstrained tea into each jar, slowly. Don't pour too much in at once, it will overflow and make a mess easier than you think. Just keep pouring small amounts at a time into each jar, allowing ample time for the tea to seep through the filter between each pour. As this process goes on, you'll notice the tea starts filtering into the jars

slower and slower, since the filters are getting all caked up and clogged with kratom. I haven't found any way around this besides just being patient... the straining process usually takes about 20 minutes, and can take even longer for larger batches.



Once you've poured all the kratom out of the pitcher, you can *carefully* start to remove the lids, even if there's still unstrained liquid resting in the filter. As you unscrew, use your other hand to

clamp the filter where the lid/rubber band was to keep it from falling into the jar. *Carefully* pinch off the top of the filter to close it up and keep any of the unstrained tea from falling into the jar. This creates a “sack” of mucky liquid (see photos). The mucky, saturated powder inside the filter is where a lot of the good stuff is, so you’re gonna want to squeeze the liquid out of it. I’ll emphasize it one more time: *carefully, gently, and slowly* squeeze the filter to extract the liquid from inside. At this point your coffee filter is going to be extremely fragile and prone to tearing open. If it does tear, it’ll leak muddy kratom into your strained tea. It’s not such a big deal if a little bit of powder gets into your tea... my jars usually have a little bit of sediment at the bottom when it’s all said and done, but you obviously wouldn’t want all the powder you just strained out to fall into the jar.



Once you’ve squeezed all the tea from the filters the process is pretty much done. Screw the lids on and put ‘em in the fridge to enjoy over the next few days. I like to drink it cold, and I usually squeeze another lemon wedge into it right before slugging it down. I would describe the taste as overly strong and horribly bitter green tea. I try to just chug it, and I don’t even bother masking the taste with honey or other flavoring, but I’ve heard some people like to sweeten their kratom tea. I’m not sure exactly how long the tea can be stored, but it’s lasted in my fridge for up to a week without it losing its magic. As I mentioned earlier, this process is far from perfect... Please feel free to modify it, adjust it, improve it, and share it. Cheers!

