

Tips For Making Kefir

What Is Kefir?

- Kefir is made simply from fermenting milk with kefir grains

Definition of Kefir Grains:

“Kefir grains are a combination of lactic acid bacteria and yeasts in a matrix of proteins, lipids, and sugars, and this symbiotic matrix, (or SCOBY) forms "grains" that resemble cauliflower”

- Wikipedia

How Is Kefir Made?

- Kefir is made with an anaerobic process (without oxygen)
- The grains are submerged in the milk, preventing them from being exposed to oxygen
- The milk is fermented with the grains in an air tight jar for 24-48 hours
- During this time ph level will drop to 4 as lactic acid is produced

How Is Kefir Made?

- During this process, carbon dioxide is produced, creating a gas inside the jar and giving the kefir a fizzy taste
- Good bacteria and yeasts are both contributing to the process and both grow in number over the 24-48 hour process
- Once the process is complete, the grains are strained out and can be used to make a new batch

How Is Kefir Made?

- There is no purpose in fermenting past 48 hours with the grains still in the milk
- Doing so will prevent the grain from multiplying – which fully active grains will do
- Once the grains are removed, a second ferment can occur
- Flavours can be added at this time.

Equipment Needed

- Clean Glass Jar – Usually 1 quart or 1 litre with lid that can be screwed on tight
- Nylon Mesh Strainer – do not use a metal strainer
- Wooden spoon or plastic spatula – do not use a metal spoon
- Measuring Cup
- Bowl or measuring cup large enough to strain the kefir

Starting Your Grains

- For dehydrated grains, follow the instructions that come with the package
- Live grains can be used right away to make kefir

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- May take several batches before they produce well
- Continuous use encourages them to multiply
- <http://www.kombuchakamp.com/11269.html>

To Make Kefir

- Generally 1 tablespoon kefir grains will ferment 2 cups of milk
- Measure out the milk and pour it into the jar
- Add the kefir grains
- Screw on the lid and let it sit at room temperature – 70 -85 degrees to ferment
- After 24 hours it will be thicker but still fairly liquidly

To Make Kefir

- After 48 hours, it will be much thicker with some of the whey separating out
- Set up the nylon mesh strainer on a measuring cup or bowl
- Pour the kefir through the strainer, using the spoon or spatula to push the kefir through, leaving just the grains in the strainer
- Transfer the kefir into a clean jar, put the lid on and put it in the fridge or leave it for a second ferment

Making Kefir

- Make another batch of kefir with the grains – do not ever rinse with water
- If you do not want to, then add the kefir grains to a ½ cup to a cup of milk, in a small jar with a lid and store in the refrigerator
- It can be stored like this for a week.
- Longer storage: Put the grains with some milk in a plastic container and freeze – this can be done for up to two month

Making Kefir With Coconut Milk

- Coconut milk can be used for making kefir – ferments om 12-14 hours
- Making your own coconut milk is fast and easy and taste the best
- The kefir grains need to be returned to cow's milk after two-three batches with coconut milk to be refreshed
- Going back and forth will not hurt the grains as long they are fed cow's milk regularly

Enjoying Kefir

- As little as a tablespoon a day can benefit digestive and intestinal health – although many people enjoy having ¼ - ½ cup
- Finding a way to enjoy kefir is the key
- Smoothies, salad dressing, frozen flavoured popsicles or sorbets
- The key is to find the way that suits your lifestyle and taste