



LIVE Milk Kefir Grains

Ingredients: Live milk kefir grains, **Milk**

Instructions

1. Remove grains and milk from package. Strain the milk from the kefir grains and pour this milk away. Do not drink this milk!
2. Add to 1/2 Liter (500 ml) of fresh milk to a mason jar (glass/plastic container) – place the kefir grains in the jar.
3. Cover the jar with piece of cloth, place the jar in room temperature away from sunlight.
4. Allow to ferment for 12 to 24 hrs (stirring occasionally with a non-metal spoon).
5. The fermenting time depends on the amount of grains in the milk & the temperature of the room. Experiment to achieve your required taste & fermentation speed.
6. After the appropriate time, stir the kefir and strain it through a clean plastic sieve.
7. The resulting milk is Kefir milk. refrigerate before drinking or flavor it with herbs, fruits or juice first!
8. The stained grains are reused to ferment a new batch. Place the grains into a cup, and then clean the jar thoroughly.
9. Place the grains back in the jar and add fresh milk repeat from step 2.

What you will Need

- Glass or Plastic jar/container.
- Lid for the container, (coffee filter or tight-weave cloth and rubber band).
- Strainer/sieve (plastic), Plastic spoons.
- Whole or Low Fat milk (pasteurized)

IMPORTANT PRECAUTIONS

- Always use clean non-metal utensils. (the grains will react with the metal)
- Plastic or glass jars, plastic/wooden spoons and clean plastic strainers.
- Never wash the grains in chlorinated water. Chlorine will kill the grains!
- Keep the grains at room temperature. Temperatures below freezing or above 30 will kill the grains.
- Keep the grains out of sunlight (especially direct sunlight)
- Do not starve your grains (over culturing will kill the grains— make sure to change the milk regularly)
- Never squeeze or squash the grains.

Top Tips

Time and temperature are the two most important factors in determining how thick and tasty your kefir will be. In the warmer months kefir may be ready to drink in 18 hours.

If you let the kefir sit out too long at room temperature, it will become thick and eventually start turning into curds and whey.

If your kefir is “lumpy” and too sour, you are definitely leaving it out too long. The longer you leave it the more acidic it gets. It should be creamy ...still like a drinkable yogurt.

At this point, shake it well and place the kefir into your refrigerator. It will thicken a little more since it is continuing to culture, but at a much slower pace.

Making kefir is an art, not an exact science. With each batch you make, adjust the time until you get it just the way

Quick Start Instructions



1. Remove from packet, strain away milk, Until you have just the grains left. Place kefir grains in a clean glass jar.



2. For every tablespoon (approx.) of grains, add 1 liter (500 ml) to the grains you received)



3. Cover jar loosely, and allow to sit at room temperature, out of direct sunlight.



4. After 12-24 hours, strain the kefir using a strainer or sieve.



5. The grains are separated from the milk kefir. (The milk kefir is ready to drink after refrigerating or you can flavor it with herbs, fruits or juice first!)



6. Place the grains in a clean jar (and add fresh milk) and repeat steps.