

## Kefir Making Instructions

How To Make Your Own Kefir With Fresh Milk Kefir Grains



### Equipment

Glass Jar for fermenting kefir

Plastic Strainer and Jug

Plastic Spoon

Cloth and Elastic Band to cover fermenting jar

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### Step One

Put the strained kefir grains into the glass fermenting jar.



### Step Two

Add a small amount of the kefir in the jug into the fermenting jar along with the kefir grains.

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### Step Three

Fill jar with milk.



### Step Four

Cover fermenting jar with cloth and secure with elastic band. Place fermenting jar in dark place for 24 hours to ferment.

I sit mine in a small esky on the benchtop and cover with a towel. Optimum temperature for fermenting kefir is 18 to 24 degrees Celcius.

When the temperature gets above this, place the fermenting jar in a small esky with a cup of ice cubes.

Do not put the lid on the esky - just cover with towel.

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### Step Five

Gently stir your fermenting kefir once or twice during the day to mix the grains with the milk.

You will find that the kefir grains will float on top and the milk will separate.



### Step Six

After 24 hours your kefir will be ready.

Gently stir the contents of the fermenting jar to mix the contents together.

Strain the contents of your fermenting jar through the plastic strainer into the jug.

You may need to gently stir the grains with the plastic spoon.

Repeat the process again from Step One.

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### Step Seven

Pour the strained kefir in the jug into a glass jar or jug and store in the refrigerator until ready to drink.

### Fresh Milk Kefir Grains

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Please send any inquiries to [support@freshmilkkefirgrains.com](mailto:support@freshmilkkefirgrains.com)

Place the contents of bag in a clean dry glass jar, then add ½ cup fresh milk. Cover the jar with a cloth and secure with a rubber band, and let sit out for 24 hours to ferment. Stir gently 3 or 4 times during the fermenting process.

After 24 hours, strain the contents of the jar, place the kefir grains, 1 to 2 tablespoons of the strained liquid and ½ cup of fresh milk into a clean, dry jar and ferment again for 24 hours.

The remaining strained liquid is your kefir which can be stored in the fridge until ready to drink.

As you make more kefir each day, add it to the container of kefir in the fridge.

After a week increase the amount of fresh milk added to the grains by ¼ cup, so you are adding ¾ milk total to the grains.

Then after another week increase the amount of fresh milk added to the grains again by another ¼ cup, so you are adding 1 cup milk total to the grains.

Over time you will find that the grains will multiply, and you will need to add more milk. A general guide is 1 tablespoon of grains to 1 cup of milk.

Due to the grains being in only a small quantity of milk during transit, they will have become a little dormant and will need 2 or 3 days of fermenting as described above to become fully active again. You may find that the first couple of batches of kefir do not taste very good, but by the third batch there should be an improvement in flavour and texture.

In our hot summer, I have found that the kefir ferments very quickly, so to slow the process down, I place the jar of fermenting kefir into a small cooler with a cup of ice cubes and change the ice cubes 2 or 3 times during the day.

Kefir grains do not like chemicals such as from washing up detergent and chlorine and fluoride in water. When washing utensils used for kefir making be sure to rinse well with water and let drain well to dry.

When drinking the kefir, it is best to start gradually to give your body time to adjust to drinking the kefir. Start with 1 to 2 tablespoons per day and gradually increase by 1 tablespoon per day over a 2 to 4 week period until you are drinking 1 cup of kefir per day.

If you need to take a break from making kefir everyday, the kefir grains can be stored in the fridge in a jar with 1 ½ to 2 cups of milk added for up to a week. After storage in the fridge the grains will become dormant, and will need 2 or 3 days of fermenting again to become fully active.

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