

# Kefir Making Instructions

## How To Make Your Own Kefir With Fresh Milk Kefir Grains

### Equipment

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Glass Jar for fermenting kefir

Plastic Strainer and Jug

Plastic Spoon with long handle for stirring the mixture

Plastic scoop or spoon for transferring kefir grains from the strainer into the fermenting jar

Cloth and Elastic Band to cover fermenting jar

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### Step One

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First time: Empty contents of bag into a jar.

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Subsequent times: Put the strained kefir grains into the glass fermenting jar.  
Add a small amount of the kefir in the jug into the fermenting jar along with the kefir grains.

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## Step Two

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Fill the jar with milk at a ratio of 1 tablespoon of kefir grains to 1 cup of milk.

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### Step Three

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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 Four**

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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.

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## Step Five

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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.

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### **Step Six**

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Pour the strained kefir in the jug into a glass jar or jug and store in the refrigerator with the lid on until ready to drink.  
Repeat the process again from Step One.

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**Enjoy**

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Enjoy a cool refreshing glass of fresh milk kefir.

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