

# Kefir - How to make milk Kefir



## Health starts in the gut.

You probably already know probiotics are good for your health. Kefir is a great source of nutrition, vitamins, and minerals plus of course a whole arsenal of good friendly beneficial bacteria. There are a lot of different kinds of probiotic foods, but none are clearly as beneficial as kefir. If this is your first time making Kefir and you think it's really complicated, don't worry, you will see and experience it's easier than you've thought.

### What you'll need:

- 1-2 Tbsp Kefir grains
- 3 cups off whole cow or goats milk (preferably raw milk or pasteurised whole milk)
- 1 liter glass jar
- lid for jar
- plastic strainer
- plastic spoon
- cup

### Steps:

1. Add the fresh milk in the clean jar.

There is no need to boil or do anything with the milk. And although any type of milk will do, we've found it best to use raw, full cream and un-pasteurised milk. Other suitable milks are pasteurised whole milk. You can also use milk from a wide range of animals, like cows, goats and sheep. All animals must preferably be pasture fed.

2. Cover the jar and tightly close the lid.
3. Gently swirl the jar for approx. 30 seconds at least twice daily.
4. Unlock the lid and ensure it is not air-tight. Leave some space or some breathing room. The living organisms in kefir need oxygen to do its job.
5. Place jar in a room temperature of 18 degC – 25 degC, away from direct sunlight.

Scientific researchers have found at least 30 different bacteria and 25 different yeast in kefir cultures, this is found to be the best temperature range for kefir fermentation.

6. Leave for 1-3 days.

Normally if the milk starts to thicken (solidify) it is a signal that the Kefir is ready. Depending on your preferences you could have a mild tasting milk kefir after 12 hours, a tart flavor after 24 hours and a milk kefir with a zesty taste to it after 48 hours.

7. Separate the kefir from the kefir grains.

Using a plastic strainer, pour out the mixture into the cup. The remaining solids caught by the strainer can and should be used for your next batch of kefir making.

8. Drink your kefir / milk kefir

The liquid you strained into the cup is now your Kefir. You can drink this right away, refrigerate it for later or use it for some other kefir recipes.

9. What to do with the left over kefir grains? Place it in a jar with some milk and refrigerate or repeat the kefir recipe process for another batch.

Note: What's amazing with kefir? You only need one batch of kefir grains... for LIFE, they reproduce and grow continuously. The more milk you feed it the faster they grow. When the grains become too big we prune it and brake the big almost golf-ball size kefir grain into  $\pm 5 \times 1$  cm diameter kefir pieces.

Enjoy it &



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