

# How To Make Kefir

## **Kefir Ingredients:**

- Tbsp. of Kefir grains (Scoby's) Or Powder Cultures
- 1 Cup of Milk
- Small Colander

## **Instructions:**

1. Take a Tablespoon worth of Kefir Grain (Scoby's) and place them in a mason jar. (From one jar to another)
- 1.2. Add a pinch of powder culture.
2. Pour 1 cup of Milk into the jar at room temperature 72-74°F
3. Seal jar for and let it sit for 6-10 hours at room temperature.
4. Poor over a colander enjoy and repeat.

## **How many Grains for how much milk:**

Kefir is a very flexible recipe, the more grains you add the faster your milk gets fermented. The amount of fermentation time is also flexible, the more time you allow to sit at room temperature will have an out come of how sour it will taste.

## **How They Are Used**

Milk Kefir Grains can be used to culture dairy milk or coconut milk. While other non-dairy milks may be cultured using milk kefir grains, results are inconsistent, and non-dairy milk does not thicken when cultured like dairy milk does.

Water Kefir Grains are usually used to culture sugar water, but may also be used to culture coconut water or fruit juice, with some care.

Kefir Starter Culture can be used in dairy milk, coconut milk, coconut water, or fruit juice.

## **How They Differ**

- *Bacteria Strains.* Generally speaking, powdered kefir starter has 7 to 9 strains depending on the particular brand of starter. Milk kefir grains and water kefir grains contain a long list of bacteria and yeast strains and subspecies, making kefir grains the more probiotic-rich culture for making kefir.

- *Reusability.* Kefir grains are reusable, and with proper care can be used indefinitely. Simply place the grains in the appropriate liquid, culture for 12-48 hours, then transfer the grains to new liquid for the new batch.

A small amount of the kefir made from powdered kefir starter can be reserved and added to fresh liquid to make a new batch of kefir. Generally it can be re-cultured several times before the bacteria weakens.

- *Culture Care.* Kefir grains work best when cultured in back-to-back batches.

Powdered kefir starter is well suited for individuals who do not wish to make kefir regularly. Make a new batch within 7 days, to keep the

- *Cost.* While kefir grains are more costly upfront, kefir grains quickly become more economical, since they are reusable.

### **Bottom Line**

Kefir grains are the most traditional, economical, and nutrient-dense way to make kefir. However, it is not always practical to maintain kefir grains on a daily basis. In situations where it is more practical to make kefir only periodically, we recommend opting for the powdered kefir starter.