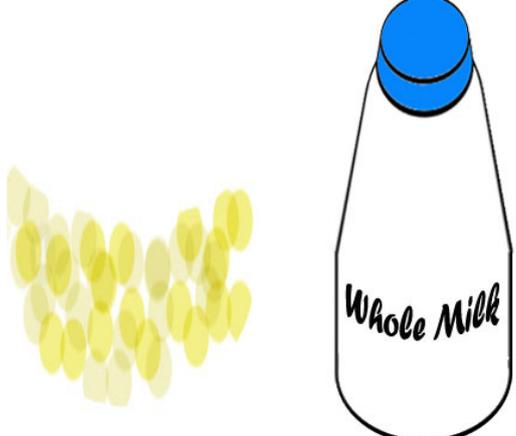


## Quick & Easy Illustrated Guide To Making Kefir

<p><b>You will need:-</b></p> <p><b>2 Glass jars</b> with plastic lids - preferably different colour lids.</p> <p><b>2 Sticky labels.</b> Label one 'Kefir Culture' and the other, 'Kefir Drink' and stick each one to a jar of your choice.</p>	
<p><b>1 Wooden or plastic spoon</b></p> 	<p><b>1 Plastic Sieve</b></p> 
<p><b>1 Pouring Jug</b></p> 	<p><b>Some Kefir Grains and about 1-2 pints of Whole Milk (depending on jar sizes)</b></p> 

**Next - How To Make It**

## Quick & Easy Illustratrated Guide To Making Kefir

**1. Pour the Kefir Grains into the jar labeled 'Kefir Culture' and fill jar just over half full with whole milk.**

**2. Replace lid loosely**



**3. Store in a dark cupboard at room temperature for about 36 hours**



**4. When around 36 hours have passed, give the Kefir Culture a stir with the wooden or plastic spoon. Be careful not to crush the grains. They're not too delicate - a bit like soft jelly babies.**



## Quick & Easy Illustrated Guide To Making Kefir

5. Pour the mixed Kefir Culture through the plastic sieve over the pouring jug.

Stir it until all that remains in the sieve are the grains.



6. Pour the contents of the pouring jug into the jar labeled 'Kefir Drink'. Screw the lid on and keep in the fridge.



7. Pour the kefir grains back into the empty jar labeled 'Kefir Culture'. Cover grains with whole milk - just enough to cover them. Store in fridge and repeat entire process about two night's before you run out of the kefir drink.



## Frequently asked questions

### **1. Your method of making kefir differs from many I have read online - you recommend storing the kefir grains in the fridge until needed again, and the fermentation period is longer than the usual 24 hours, why is this?**

The author has experimented with different methods but has settled on this one for the following reasons:-

#### **Kefir grain storage in the fridge - this gave two benefits:-**

A. It slows the growth rate of the kefir grains. Other methods (eg: leaving in dark cupboard at room temperature, covered with milk) meant that I was overrun with the grains with not enough people to take them off of my hands. Kefir originates from the Caucasus Mountains, so I surmised that storing it in a fridge for a few days (usually around five to six days) would merely replicate the temperatures experienced by kefir in the wild.

B. It creates a better tasting and smoother kefir drink.

#### **36 hour fermentation?**

Because the kefir has been chilled in the fridge for some days, I found it necessary to increase the fermentation timing to compensate; in effect, giving it chance to warm/wake up. 24 hours produced a kefir which had a laxative effect, whereas 48 hour kefir was a bit too bitter and was likely to slightly constipate. 36 hours produced the best kefir. Note that experimenting with timing can yield good results for dealing with constipation or diarrhoea problems.

### **2. How much should I drink?**

The author has drunk a small shot glass of kefir every day, for about two years and has seen health benefits including, better sleep, better digestion, improved immune system and overall good health.

### **3. Where do I get kefir grains from?**

The author recommends finding a reputable seller on Ebay, by examining their feedback scores.

### **4. How long will the kefir drink keep?**

It is generally recommended to keep it no longer than a week in the fridge. Although the author has often gone a few days over with little or no difference in taste and no discernible adverse effects.

### **5. How long will the kefir grains keep for?**

As long as you keep feeding them with milk, they will grow and expand in number. Before long you will have to find a home for some of them. It is said to be 'good karma' to offer these kefir grains for free.

## **5. Why should the utensils be plastic, glass or wood?**

Kefir is slightly acidic and over time can react with metal so that it interferes with the taste and also, it possibly reduces some of its health benefits.

## **Potential concerns**

### **1. I have heard that kefir contains alcohol, is this true?**

Yes. Kefir is a fermented food and a serving which has been fermenting for 24 hours will, according to various internet sources on the subject, contain around .08% to .1% alcohol. Unless you have a condition in which you are very sensitive to alcohol, you would have to drink large amounts to feel any effects. However, if you have any doubts then the author recommends that you should consult your doctor, or research the subject on a more specialist or scientific website, or book.

### **2. What about cholesterol?**

Despite claims that kefir lowers cholesterol, a recent study showed that it has no effect on cholesterol levels, either way.