

Congratulations on your Milk Kefir Grains!!

To rehydrate dry grains: *Skip this step if you purchased FRESH milk kefir grains.*

Place dry grains in 1 cup of dairy milk, cover and leave for 24 hours on the counter, strain and repeat feeding 1 cup milk and straining after 24 hours until grains are plump, soft and white. Takes roughly 2-4 days. Then continue on to instructions below.

Your milk kefir grains are alive. They need food to survive. Lack of food will kill them, as will heat. Never put them into hot dishes or heat them in any way. If you take care of them, they will take care of you.

Making Milk Kefir

1. Place kefir grains in a clean glass jar.
2. For every teaspoon (approx.) of grains, add one cup of milk. Any kind of milk will work, low or full fat, goat, cow, or coconut milk.
3. Cover jar loosely, or use a clamp down jar such as a Fido jar, and allow to sit at room temperature, out of direct sunlight.
4. After 12-24 hours, strain the kefir using a strainer or colander. Enjoy your fresh kefir, or store in the refrigerator for up to several months.
5. Place the reclaimed grains in a clean jar (or, return to the same jar if you like; I usually use the same jar for several days before washing it) and feed them again!

Second Fermenting Milk Kefir

After removing grains you can now flavour your kefir. Use things such as a few fruit peels (lemon or orange), dates, tea (chai!!!), lavender, cocoa, coffee beans, figs, cinnamon stick, vanilla beans, other dried fruit. Fresh fruit is good too but it ferments fast and can go quite sour. Use small amounts with caution.

Leave out on counter again for 12-24 hrs. Then, enjoy!

Use your imagination, options are endless!

If you go away or want to take a break

Give your grains plenty of milk and put in the refrigerator. At least one cup of milk per teaspoon of grains for a week in the fridge. Double or triple the milk if leaving longer.

The kefir does not ferment the same as left out on counter and most people throw it away after reclaiming the grains to start a new batch.

If you have any questions please feel free to email us at culturemother@sasktel.net