



# *Nature's Probiotics*

## **KEFIR MANUAL**



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## How to Make Milk Kefir

### Milk Kefir Ingredients

1. 1 Table Spoon Live active kefir grains
2. 500 ml Cow, Buffalo or Goats milk

### Equipments Required

1. Glass jar
2. Cloth Piece - Breathable cover for the jar such as a tight-weave towel, butter muslin, paper towel, or paper coffee filter.
3. Rubber band - Band to secure the cover to the jar
4. Plastic Strainer - A fine mesh plastic strainer for removing the kefir grains from the finished kefir
5. Wooden or Plastic Spoon to separate kefir grains and kefir milk

### How To Make Milk Kefir

1. Transfer the active kefir grains from the container to the Glass Jar
2. Add fresh milk. (Pasteurized Fresh Milk can be used directly from packet, or boil the milk and cool down before pouring into the jar). Give a gentle stir in a plastic spoon.
3. Cover with a clean cloth secured by a rubber band.
4. Place in a warm spot, 68°-85°F, to culture. (example: Kitchen top)
5. Culture until milk is slightly thickened and aroma is pleasant. This generally takes 24 hours, but can take less time in warmer temperatures, so keep an eye on your grains.
6. After the milk changes texture and culturing is complete, separate the kefir grains from the finished kefir. Place a bowl, transfer the finished Kefir Milk into double mesh nylon strainer, and swirl the curdled milk gently with a help of plastic spoon. The kefir grains remains in the strainer, kefir milk passes to the bowl below.
7. Place the kefir grains in a new batch of milk.
8. Store the finished kefir in the refrigerator.

# Milk Kefir Basic Instructions

## Unpacking Kefir

Please open the kefir grains container carefully with a vessel below. Due to excess carbonisation the content may rush out. This will help to save the Grains from dropping down.

You would have received a small plastic container. It has milk kefir grains and some milk (Because these are live grains and it continuously needs food)

If you don't have time to ferment it, you can keep it in the fridge till everything is ready.

For the first time, don't separate the grains and the milk, pour all that in the container in a glass bottle. Next batch onwards you can filter the grains and use. Then follow the instructions as shown above.

## Milk

1. You can use both farm fresh or pasteurised milk.
2. Farm fresh milk has to be boiled and cooled to room temperature before fermenting.

## Fermenting

Regular fermenting should be done in room temperature.

## Storing

Keep the grains in a bottle, add some 250 ml milk, close it with the lid (let some air gap) and keep it in the fridge (not in freezer). This will be fine for usually upto 2 weeks.

## Doubts

When you first receive your milk kefir grains, sometimes it may be smaller. Because it is not getting enough lactose during the transit. After culturing it for few times it will get back in size.

## Strainer

Always use Double Mesh Nylon Strainer (If you are using single mesh nylon strainer, you will loose small grains and the quantity will reduce)

# How to Make Water Kefir

## Ingredients

1. 1-2 Spoon Live active kefir grains
2. 500 ml clean drinking water
3. 2 table spoon Sweetener (Organic jaggery powder or raw cane sugar)

## Equipments Required

1. Glass jar
2. Cloth Piece - Breathable cover for the jar such as a tight-weave towel, butter muslin, paper towel, or paper coffee filter.
3. Rubber band - Band to secure the cover to the jar
4. Plastic Strainer - A fine mesh plastic strainer for removing the kefir grains from the finished kefir
5. Wooden or Plastic Spoon to separate kefir grains and kefir water

## How To Make Milk Kefir

1. Add clean water to the glass jar. Add sweetener and swirl it until dissolved.
2. Transfer the active kefir grains from the container to the Glass Jar. Give a gentle stir in a plastic spoon.
3. Cover with a clean cloth secured by a rubber band.
4. Place in a warm spot, 68°-85°F, to culture. (example: Kitchen top)
5. Culture until the sweetness is reduced. This generally takes 24-36 hours, but can take less time in warmer temperatures, so keep an eye on your grains.
6. Once it is ready, separate the kefir grains from the finished kefir. Place a bowl, transfer the finished Kefir water into double mesh nylon strainer. The kefir grains remains in the strainer, kefir water passes to the bowl below.
7. Place the kefir grains in a new batch of water and sweetener.
8. Store the finished kefir in the refrigerator.

## Water Kefir Basic Instructions

### Unpacking Kefir

Please open the kefir grains container carefully with a vessel below. Due to excess carbonisation the content may rush out. This will help to save the Grains from dropping down.

You would have received a small plastic container. It has water kefir grains and organic jaggery (Because these are live grains and it continuously needs food)

If you don't have time to ferment it, you can keep it in the fridge till everything is ready.

### Milk

1. You can use both farm fresh or pasteurised milk.
2. Farm fresh milk has to be boiled and cooled to room temperature before fermenting.

### Fermenting

Regular fermenting should be done in room temperature.

Water kefir generally takes 24-48 hours to culture. The exact time will vary depending on the temperature. Warmer temperature ferments faster.

### Storing

Keep the grains in a bottle, add some 3 spoon of jaggery (or sugar) with water, close it with the lid (let some air gap) and keep it in the fridge (not in freezer). This will be fine for usually upto 3 weeks.

### Doubts

When you first receive your water kefir grains, sometimes it may be smaller. Because it is not getting enough glucose during the transit. After culturing it for few times it will get back in size.

### Strainer

Always use Double Mesh Nylon Strainer (If you are using single mesh nylon strainer, you will loose small grains and the quantity will reduce)



*Thank You*

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