



*Thank you for purchasing NuMeSA Milk Kefir Grains. We trust they will help you stay healthy.*

## What is Milk Kefir

Kefir is a cultured milk beverage. It's similar to yogurt but the taste is different and it's more of a drink than something you'd eat out of a bowl. Unlike yogurt, kefir contains beneficial yeast as well as good bacteria. If you can tolerate dairy, kefir is a great probiotic food to incorporate into your diet. Kefir is also incredibly easy to make.

*Dehydrated Grains start here*

## Instructions

1. Start off by placing your dehydrated milk kefir grains in 1 cup of water. Let this sit for 5 days until they have plumped up.
2. Strain the grains out of the water and place into ½ cup of milk. Let this sit for around 24 hours at room temperature.
3. After 24 hours check on the grains, the milk may have separated by now, if it has, double the milk for the next 24 period. If it hasn't, discard the milk and add in another ½ cup of fresh milk.
4. Repeat
5. You are basically going to repeat these steps for a few days until the grains have fully recovered and have acclimated to their new environment. This can take anywhere from 3-6 days (possibly longer). You know they are getting there when they are kefir-ing (thickening slightly) the milk in 24 hours. Dehydrated milk kefir grains usually are a bit discolored.

## How to make Milk Kefir

Rule of thumb: 1 cup of milk per 1 tablespoon of hydrated kefir grains

## Ingredients:

Kefir grains  
Milk – the fresh kind

## Method:

1. Take your newly acquired NuMeSA Milk Kefir grains fresh or rehydrated from the container and add them to milk. You can add them as is, using the liquid they came in. Put your kefir grains into a clean glass jar. How much milk and kefir grains you want to use is up to you – flavor and texture change depending on your ratio of grains to milk. I typically use 1 tablespoon of grains to 1 cup (250ml) of milk.
2. Cover with a cloth or something breathable to keep fruit flies and other objects out of your jar. Secure the cloth with a rubber band. You can close with a lid but leave don't screw closed as the kefir produces a gas and there will be bit of a pop when you open it.
3. Leave the jar out at room temperature for about 24 hours. If it's particularly cold in your kitchen, you may want to keep the jar in the warmest spot you can find. Kefir grains like warmth. In winter I leave them for 36 – 48 hours and in summer 18 hours are sufficient.

4. You can check the kefir after 12 hours and give a stir if you like. (This is not a have to.) By 24 hours it should be thickened and starting to separate into curds and whey. If you don't think it's done, leave it out for another 12 hours until it appears finished separated.
5. When your kefir is finished, stir it up in the jar so it's liquid again, then pour it through a strainer to strain the grains off. Gently stir the kefir to encourage it to move through the strainer. When you're finished, all your finished kefir will be in the jar while your grains will be left in the strainer.
6. Put the grains into a clean jar and add more milk to start a new batch of kefir.
7. Store your finished kefir in the fridge. If you want to further reduce the lactose content of your kefir, you can instead store the finished kefir on the counter for a day before transferring to the fridge. Kefir flavor varies. It may sometimes be fizzy, sometime sour, grainy, thick or thin. The weather and type of milk affect this.

### Notes:

Many kefir resources caution against using metal in any stage of the kefir making process. Dom (an online kefir expert), however, argues that this advice originated before the popularity of stainless steel utensils and is thus outdated. When I started making kefir I purchased a special plastic strainer and only used non-metal utensils. I can confirm after 6 years of making kefir that stainless steel is fine to use.

Kefir grains often multiply quickly. If you find yourself with extra grains, give them away to friends, eat them as extra probiotics, give to your animals or just throw them away in your compost.

If you need to take a break from making kefir, put your kefir grains into a jar and cover with fresh milk and then store in the fridge. Dom recommends storing kefir grains for no longer than a week or two before providing them with fresh milk. Then they won't die, just slow down due to no new food and cold – they go into hibernation.

If you only want to drink a small amount of kefir every day, I recommend making a small batch every day or every other day, rather than making a large batch and then storing the grains in the fridge. Kefir grains thrive best when they are allowed to spend most of their time culturing on the counter.

### What to do with my extra kefir (it grows and multiplies)

1. Put kefir grains in smoothies
2. Add them to the soil in your potted plants
3. Share extra kefir grains with friends
4. Feed them to your pets
5. Give them to your pot plants
6. Compost the extras
7. Eat them!

Kefir is a great source of vitamins, minerals, probiotics, and a variety of other unique compounds that can greatly contribute to your overall health and wellbeing.

## Kefir grain starter kits - Milk kefir FAQ

1. There is nothing happening, it's just sour milk. What is wrong?

The milk kefir grains in your water kefir starter kit have been carefully dehydrated and will need to be fully rehydrated before they start kefir the milk. See rehydration question #4

2. How long do kefir grains take to rehydrate?

The kefir grains need to rehydrate before they can start making probiotic rich kefir. This process can take between 4 – 8 days depending on the temperature. Allow to soak for at least 4 days before attempting anything. The grains will become squishy. You can give this milk to your dogs or discard, won't be kefir yet.

3. My milk went thick. Is it still ok to drink?

In the ideal settings your milk kefir will be slightly thick. Your grains are in that milk so you will need to still strain them out.

4. My kefir grains are stuck in the curds

When fermenting milk kefir, it is quite common for the milk to produce curds and whey, this means they separate. This is usually if the kefir has fermented a little too far. Don't stress. Put the lid on the bottle and shake the kefir up a little so the grains become loose and are easy to catch in your sieve.

5. How long should milk kefir ferment?

You can ferment anywhere between 18 and 72 hours. This depends on the temperature and the ratio of grains to milk. Temperature in the ferment area will affect fermentation time. In summer I find the kefir ferments within 18 hours. In Winter 48 hours is quite common. You can look for a slight patterning in the milk to indicate readiness. If you are lactose intolerant you may want to ferment longer.

6. How do I flavour my milk kefir

For some the slightly tart flavour may not be appealing. You can either do a 2<sup>nd</sup> ferment with fruit or a spicy chai teabag or you can flavour using a fruit syrup, honey, or put in a smoothie.

7. How much lactose is in milk kefir?

Kefir grains eat the lactose in the milk. For very low lactose allow your kefir to ferment till the taste is slightly tart (minimum 24 hours in summer)

8. The ratio

1 tablespoon of milk kefir grains to 1 cup of milk (250ml)  
 2 tablespoons of milk grains to 2 cups of milk (500ml)  
 4 tablespoons of grains to 4 cups of milk (1L)

9. What do I do with my extra grains?

Your grains will more than likely multiply. You will need to establish how much kefir you want to make at a time. Separate out the extra grains as they multiply. Freezing the first extra batch as a backup is a good idea. There after you can eat them, share them, put them in your smoothies or give them to your dog.

10. Can I slow down the kefir process, I can't keep up

You can do 2 things to slow down your kefir process. The first is to ferment in the fridge. This will then be done over 72 hours minimum. Or you can reduce the grain ratio. This will require some trial and error.

There is a fabulous website called [www.yemoos.com](http://www.yemoos.com) which has every kefir question ever asked. You can search there if you need more info.

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*KEFIR is a LIVE probiotic – they require constant care*

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