



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

What is water kefir

Water kefir is a fruit-infused, fermented sparkling fermented water full of healthy probiotics

How to make Water Kefir

Water kefir can be tricky to make the first few times, but once you get the hang of it, it's easy to repeat the process.

NOTE: Water kefir has a 2 part or 2 step fermentation process

Equipment required. You may find you already have most of what's needed at home

1. Measuring cup and spoons
2. Strainer or sieve –plastic or stainless steel with a small mesh, or you will lose the baby grains
3. Jar, bowl or small bucket
4. Spoon – plastic or wood

Dehydrated Grains start here

Instructions

1. Place the dehydrated kefir grains in the water and cover with a towel or coffee filter secured with a rubber band. Fruit flies can bore into cheesecloth.
2. Leave grains for 5 days to absorb water and rehydrate.
3. Then place grains in sugared water, 1 tablespoon sugar and 1 cup water, for up to 48 hours and then change the sugared water (by sieving out the grains and restarting with new sugared water).

Repeat this 3 times and the grains will become plump and the brew will start to smell a little vinegary and yeasty, when this happens the grains are ready to brew normally. The time it takes for the grains to fully rehydrate depends on the temperature they are kept at so do not worry if your grains hydrate slightly quicker or take slightly longer this is normal. Do not ever allow the mixture to sit for longer than 5 days.

Ingredients required

1. Water – mineral, borehole, or purified. You can use tap water, just boil and cool to remove chlorine first.
2. Sugar Brown or white or a mixture of both
3. Use 1 or more of the following depending on your preference:
Molasses, bicarb, or boiled egg shell – These are for the minerals which water kefir grains love

Notes regarding equipment

Strainer/sieve – fine mesh plastic/nylon or stainless steel. Aluminum and other metals can leach when

coming into contact with acidic liquids such as water kefir. Stainless steel is considered safe for short term contact.

*Strainers with large holes (like pasta strainers/ colanders) don't work well - the smaller grains may pass right through into your kefir drink, rendering it somewhat un-storable - it will continue to ferment quickly in the fridge. Though it's not a health hazard to drink them, you will lose part of your culture (and over-ferment your drink).

Jars, bowls or small bucket, you will need a bowl to capture your strained kefir, a jar and breathable lid to ferment your kefir in, and a jar or bottle for storing your strained kefir in the fridge. I started off using my old coffee glass bottles with the lid resting lightly on the top

Notes regarding Ingredients

Sugar - 1 tablespoon of sugar to be used for every tablespoon of kefir grains to 1 cup of water

White, brown or whole cane sugar (or a combination of these)

Kefir eats sugar, it won't eat honey or stevia or any other sugar replacement. It just wants plain sugar.

Water - 1 cup of water per 1 tablespoon of kefir grains per 1 tablespoon of sugar.

Non or low-chlorinated, high mineral water is preferable. If you are using reverse osmosis water (like Oasis), you will need to add some secret ingredients: You can use either a pinch of bicarb or an egg shell piece from a boiled egg which has lots of minerals or a dash of pink salt – (Himalayan salt), you can also get Real Water or minerals from Agua e Vida and add to your water. You can buy very good alive mineralised water from Agua Vida 012 654 2034.

Water kefir has a 2 part ferment process. The first ferment uses your kefir grains.

This takes place after rehydration

First Ferment or Step One

1. Take your hydrated water kefir grains and place them with the liquid they came in into your jar
2. Add your sugar (1 tablespoon of sugar to 1 tablespoon of grains to 1 cup of water)
3. Kefir grains love minerals so if your water is mineral dense (like borehole or spring) skip this step. Kefir grains love minerals so if your water is mineral dense (like borehole or spring) skip this step. Mix is a tiny pinch of pink salt, molasses or boiled egg shell
4. Stir and cover with a coffee filter and elastic or lid loosely placed over. You want to prevent fruit flies
5. Allow to ferment on the kitchen counter for 24 – 48 hours. 24 in summer and 48 in winter
6. Strain the grains off from the water mixture after 24 – 48 hours through the sieve
7. Place the grains aside. These will go into a fresh sugar water mix asap
8. The liquid you have drained off is now full of probiotics. You could drink it as it is. If however you want the delicious fizzy flavoured kefir water NuMeSA is known for, you need to now move onto the Second Ferment or Step Two - This is when the fizziness happens.

Second Ferment or Step Two (Fizz & Flavour)

Decide on the flavor you want to try. You can use dried fruit, fruit juice or fresh fruit

1. Take the strained off kefir water (first ferment) and add your desired fruit
2. Cover and allow to ferment for 24 hours
3. If you want to strain off the fruit pieces – do it at this stage
4. Bottle – the kefir will keep fermenting from the fruit and this is where the fizz comes from. By closing it into a bottle you catch the fizz.
5. NOTE! Make sure to leave some space in the top of the bottle for the gasses. You can burp your bottle. Leave out of the fridge for a few hours to get the fermentation going and then refrigerate.
6. Drink and enjoy

Optional flavoring ideas:

- o A few slices of ginger – I've found this makes my kefir extra fizzy for some reason
- o 1/2 lime or lemon and fresh mint – so refreshing!
- o 1-2 teaspoons vanilla extract for a cream soda experience
- o You can find recipes for cherry limeade, mango colada, blackberry lavender and more on Google

The choices for flavouring are endless.

Your water kefir grains will multiply if happy. Keep using the rule of thumb 1:1:1. So if you now have 2 tablespoons of grains, you can now make 2 cups (500ml water) to 2 tablespoons of sugar.

When you have the right amount for you, separate out the extra grains. Keep a back-up batch in the fridge with some sugar and water. These grains will hibernate, but they will need fresh food (sugar) every 2 – 3 weeks. The extra's can be eaten, added to smoothies, shared with friends, fed to the dogs or put into your compost. If you share with your friends, be sure to give them these instructions.

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 - Water Kefir FAQ

1. There is nothing happening, it is just sugar water. What is wrong?

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

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. Throw away the first water the kefir grains have been rehydrating in.

3. Where are the bubbles?

Water kefir forms bubbles in 2 ways. During the first ferment, once the grains are activated, a few small bubbles will start to appear as the kefir starts fermenting on the grains. As your grains grow and multiply, you will notice more bubbles forming. These are not the fizzing bubbles that form during a 2nd ferment. During 2nd ferment when fruit or juice is added in a sealed bottle and left to ferment for a short while, carbonation will occur. How much carbonation varies from the juice or fruit. Quite often water kefir can overflow when the bottle is opened, so open carefully.

4. Why do I need to ferment twice?

You don't have to ferment twice if you don't want to. The carbonation occurs during the 2nd ferment and this is why a second ferment takes place. Your first ferment will already have produced the probiotics you are after.

5. What is a first ferment?

When making water kefir 2 ferments are usually done. The first ferment is where the water kefir grains/scobys are fed on sugar and minerals in clean water. Some people may put fruit into their first ferment. Lemon juice and ginger are popular. I recommend doing a second ferment for flavouring because your kefir grains/scobys may become damaged from the fruit. I do not advise mixing with juice in a first ferment.

6. What is a second ferment?

The second ferment is where the flavour is added and when the carbonation occurs. Once your first ferment is complete and you decide to flavour your water kefir, simply add fresh fruit, herbs or juice to your first ferment and allow to ferment. For Carbonation to occur, you will need to cap the container. Don't forget about it!

7. How long do I ferment?

This varies based on temperature and taste preferences.

In cold weather your kefir will take between 48-72 hours for a first ferment

In warmer weather you can average 48 hours. You want the initial sugar to be almost gone. Taste your water kefir at 48 hours and then the next day and decide what you prefer. If you are going to ferment a 2nd time, you will like be adding fruit or juice which will sweeten it.

Second ferment is usually fermented over 24 - 48 hours. Once you've placed your fruit, juice or herbs into your kefir and leave a container with a loosely fitting lid or cover with a cloth and an elastic band. When your kefir tastes the way you'd like it too, strain fruit (or not) and bottle. I allow my bottled kefir to stand out overnight and refrigerate in the morning. This allows a good build up of gas and gives a delicious fizz to your water kefir. Please BE CAREFUL not to leave out too long. Many a kitchen has been covered in water kefir from exploding bottles.

8. How do I make my water kefir taste dry?

Ferment, ferment, ferment. The longer the ferment the more sugar is used by the microbes.

First ferment as usual and during your 2nd ferment add less sugar in your juice or fruit, or even skip these flavourings completely and go with herbs and flowers. Allow 2nd ferment until you are satisfied with the taste. Your water kefir will still contain probiotics.

9. What kind of sugar must I use?

Kefir loves white or brown sugar equally. You need to use sugar to ferment. That is the food that the kefir eats, so a sugar substitute won't work.

To learn more about gut health please subscribe to our weekly blog or read them here and like our Facebook page.

Please share your experiences with us and like our Facebook page:

<https://www.facebook.com/NuMeSAkefir/>

KEFIR is a LIVE probiotic – they require constant care

Be happy, be healthy, be wonder-full from the inside out.
Healthy Happy Tummy = NuMe SA

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