

How to Make Kefir

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Based on directions by Marilyn Kefirlady — <http://kefirlady.com/>
and my own experience making kefir daily since October 2008.

What you need:

- Real kefir grains — from <http://kefirlady.com/>. She mails out ¼ cup.
- Milk — ideally raw goat or sheep. Next best is raw milk from Jersey, Guernsey or Asian cows, yaks, camels or donkeys. If raw milk is not available in your area, organic whole milk is acceptable. "Ultrapasteurized" is NOT acceptable.

Find a source of the best milk in your area at <http://www.realmilk.com/>

- Clean glass jar — large enough to hold the kefir grains and the milk. Size depends on how much kefir you're making.
- Rubber spatula or wooden spoon (not metal) — to stir the kefir in the milk and scrape the bowl after pouring the finished kefir into your storage container.
- Non-metal colander and bowl— to strain the kefir when it's ready. Kefir grains do not like metal.
- Bottle or jar — to store the kefir.

Directions:

1. Put the kefir grains in a clean glass jar.
2. Pour fresh milk over them: 5-10 parts milk to grains. For example, for ¼ cup of kefir grains, use 1.25-2.5 cups milk.
3. Cover with paper towel or cheesecloth or napkin, so that the grains can breathe. Hold the paper with a rubber band or the ring of a mason jar cover. Leave at room temperature for about 24 hours or longer. The longer the fermentation, the less lactose (milk sugar) remains and the more sour the kefir.
4. During this fermentation time, the grains tend to gather at the top. Swirl the jar or stir the contents gently several times, to distribute them more evenly.
5. The kefir is ready when you see translucent areas of whey extending horizontally across the liquid or at the bottom of the jar, or in patches. You can leave it longer for more reduced lactose.
6. Stir the kefir and strain it through a non-metal colander into a bowl.

(Some people scoop out the grains and transfer them to a new jar, keeping the kefir in the original soaking jar.)

7. Put the kefir grains back in the original fermenting jar or a clean jar to make your next batch.
9. Pour your finished kefir into a jar and store in the fridge.
10. Enjoy your kefir plain or in a smoothie. Homemade kefir provides protein and excellent fats that support building lean muscle and fat burning, without having to use protein powder.
11. I have stored kefir grains in the fridge or freezer for several weeks.

Fridge: I put them in a clean soaking jar with milk to cover. Cover the jar with paper towel as in 3. OR I add the regular amount of milk and leave them in the fridge for slow fermentation.

Freezer: I put them in a jar just big enough to hold them. Up to a month. I defrost them on the kitchen counter before soaking again.
12. The grains multiply... When you have excess, i give them away or, if you don't mind eating your pets, you can eat them! per Marilyn ...

Two videos on making kefir:

<http://video.google.com/videoplay?docid=6866295356532402179#>

http://www.tammysrecipes.com/how_to_make_kefir_video_tutorial

Note on my kefir grains:

I have been tending my kefir "pets" since October 2008. I got them from Marilyn the Kefir Lady (kefirlady.com) who has a goat farm in Michigan (in Ohio till 2015). She assures us that her grains have descended from real Caucasus Mountains grains and, with proper care, they should "last forever."

Since the beginning until 2014, I fed my pets fresh, unpasteurized goat's milk from Evergreen Acres Dairy, Tres Pinos, CA, with whom I had a goat herd sharing agreement. Evergreen was certified in California as a raw milk dairy in 2015 and now sells their milk in retail stores. Claravale, the first certified raw goat's milk dairy in California, also sells their goat's milk in retail stores.

Welcome to real kefir!!!