



HYDRATED & LIVING MILK KEFIR GRAINS BREWING RECIPE

Common Delivery Question: The Grains Were Delayed In Transit – Will They Still Work?

NO PROBLEM! 😊😊😊

We ship the grains all over the world and they sometimes spend weeks reaching a destination, yet our clients find they almost always arrive ready to brew and make delicious kefir right away or within a few batches.

You should expect brewing success!! 😊😊

Supplies

- ✓ 1 quart (or larger) glass container
- ✓ 2 cups of milk (whole milk)
- ✓ 1 TB Milk Kefir Grains – **INCLUDED**
- ✓ Plastic lid, Custom KKamp Jar Cap, or cloth cover & rubber band (metal may create rusty condensation)



Makes 2 Cups of Milk Kefir

1. Add 2 cups of milk to a clean glass jar. Pasteurized **whole** milk (organic if possible) is best.
2. Add 1TB Milk Kefir Grains (entire contents of packet including any liquid).
3. Cover with a plastic lid, custom made KKamp Jar Cap, or cloth cover and rubber band.
4. Place container out of direct sunlight for 12-48 hours. 65-75°F (18-24°C) for best results.
5. The Milk Kefir will have a sour smell and sweet-to-sour, fermented flavor, but not spoiled or rotten. The taste may be similar to yogurt or cheese. Harvest whenever you enjoy the flavor.
6. Strain Kefir through a cheesecloth or other strainer. The grains will be the clumps left behind. If the liquid is thick, give it a stir or shake to loosen the grains from the creamier portion. It may be helpful to apply gentle pressure to push the liquid through the strainer with a spatula – do so with caution so as not to break the grains. Set them aside in a covered dish for the next batch.
Cheesecloth, plastic or metal strainers are all acceptable as such brief contact will not affect the cultures.
7. Add flavors to the Milk Kefir for a second fermentation in bottles (see reverse) or enjoy it straight.
8. Repeat steps 1-7 & enjoy!

To scale the recipe use the ratio of 1 Tbsp of Kefir Grains per 2 cups of milk.

Good vibes, crystals, happy music, and talking or singing to your Kefir will encourage positive growth. It is a living organism. Treat it with care and it will be your buddy for life!

Common Question: How Do I Know When the Kefir is Ready? The Kefir is done when a layer of whey (clear liquid) is visible in the curds (thick milky part). Based on taste preference, quantity of milk/grains & temperature, fermentation time is generally 12-48 hours. Taste is king, so stop when it has the flavor you enjoy.

**Newbie
Brew
Tip**

Milk Kefir thrives between 65-75°F.

For tangy Kefir or just to ferment more and faster, a heating mat may be helpful.



WATCH VIDEO NOW

at

KombuchaKamp.com/Heating

MILK KEFIR TIPS

- Rinsing grains is not required or recommended, but if necessary use whole milk
- Grains may not reproduce right away or with every batch but may be used repeatedly
- Ideal temps are 65-75°F (18-24°C) – the warmer the temperature, the faster the fermentation
- If the kefir is separating before 12 hours, use more milk or reduce the grains in the next batch

For More Tips, VISIT THIS LINK → KombuchaKamp.com/Milk-Kefir

KombuchaKamp.com

QUESTIONS? E-mail us: customerservice@kombuchakamp.com

Nurturing Grains

Kefir grains may need a couple of batches to adjust to a new environment and begin reproducing, but as long as you enjoy the flavor of the kefir, no worries. If the first batch or two doesn't taste good, this process may help. **This is only necessary if you believe the grains have been stressed by travel.** For the nurturing process, it is best to use whole pasteurized milk - raw milk bacteria will compete with the bacteria in the Kefir:

Option #1

- Place the grains into a dish & add just enough milk to completely cover them.
 - Sprinkle ½ teaspoon of sugar into the milk, cover with a cloth, and set in a warm spot (75-82°F, 24-28°C)
 - After 12 hours, check for signs of fermentation such as the appearance of small bubbles around the edges and a change in texture and smell. A clear layer of liquid forming beneath the milk is a good sign.
 - If you see these signs, drain the grains and go right into fermenting a normal batch.
- OR –
- If these signs are weak or not present after 48 hours, make just a 1 cup batch using all the grains and liquid present, plus a ½ teaspoon of sugar. Give the brew 12-48 hours to mature. Continue making ½ batches until the brew matures normally, then scale up to the 2 cup recipe (no added sugar).

Option #2

- Place the grains into a dish & add just enough milk to completely cover them, then cloth cover and refrigerate. Check every 12 hours and as the milk is absorbed, add more.
- After 24-48 hours, the grains will have plumped up and be ready to use. Again, consider starting with ½ batches until the brew matures normally.

****Keeping the vessel in a warm location, or using a heat mat, will speed the fermentation process. OFTEN TIMES A LACK OF FERMENTATION JUST MEANS MORE HEAT IS NEEDED FOR BEST RESULTS****

If no signs of fermentation are exhibited after 7 days or more, cover the grains in whole milk and email customerservice@kombuchakamp.com for additional assistance.

Common Question: Can I use Raw Milk, Goat's Milk, Coconut Milk, Almond Milk or other non-dairy "milks"? Yes! The grains may also be used with a variety of substrates, but be gentle with them and allow a few cycles to stabilize and reproduce. As long as you like the flavor, you may consume the kefir. However, to remain healthy and robust over time, the grains should be rested in pasteurized cow's or goat's milk every few batches to regain their shape & strength. The living bacteria in raw milk may compete with the native kefir bacteria, to varying results. **Complete instructions at KombuchaKamp.com/Milk-Kefir**

Bottling & Flavoring Milk Kefir

Many people enjoy kefir straight from the jar. If you find the flavor is too tangy or just want to expand your options, try adding fresh fruit, honey or herbs to a bottle and then let it sit at room temperature for a day or two so the flavor will be absorbed. Fruit, honey, flowers, barks, & berries are common favorites. Experiment to find yours!

Warning: Use caution! Bottles can overflow when opened or explode during secondary fermentation.

Store filled bottles in a box, empty cupboard or cooler to minimize mess & danger.

Also, NEVER add flavors to your brewing vessel as essential oils or other bacteria could harm the culture.

For more bottling tips, VISIT THIS LINK: KombuchaKamp.com/Bottling

Common Question: How Long Can Kefir Be Refrigerated Before it Goes Bad? Due to low pH, properly fermented Kefir will never "spoil," unless you see mold. However, as a living beverage the liquid continues to ferment over time, even in the refrigerator. If it grows too sour, dilute prior to drinking, or add to smoothies. Sour kefir is also great for animals/pets or to make sour cream (see recipe for Kefir cheese in Lacto Sodas Guide).

Storing Milk Kefir Grains Between Uses

Kefir grains will eat themselves if left in milk for too long, usually 4-5 days at room temp. To store Milk Kefir Grains:

- **Up To 1 Week** – refrigerate grains covered with pasteurized milk in closed glass container
- **1 - 3 Weeks** – refrigerate grains covered with pasteurized milk, and sprinkled with ¼ cup sugar per cup milk, in closed glass container (results for this method may vary as the grains can be temperamental)
- **For Longer Storage** – dehydrate, then coat grains with powdered milk and store in freezer.

****NOTE – Dehydrated Milk Kefir Grains will turn yellow. Upon rehydration, they will likely maintain the yellow color and may never reproduce, but as long as they produce Kefir that you enjoy they are safe to use.**

"Kef" means "feel good" in Turkish. Drinking Kefir is supposed to do exactly that =)