

Nurturing you through to health and happiness

SARI YOUNG

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NATUROPATH AND REGISTERED NURSE

Milk kefir recipe

Sari Young 6-9-22

Ingredients

- 4 cups of raw organic milk (or the next best thing you can access-any full fat works best)
- 1 tbsp (approx.) Kefir grains

Equipment

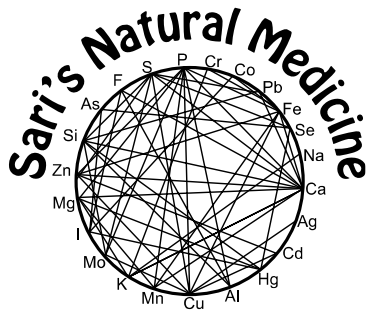
- Glass jar (no metal), 1250ml capacity
- Strainer
- Bowl
- Glass bottle, 1 litre capacity

Method

- Clean all equipment and your hands well.
- Place the kefir grains into the glass jar. You don't have to be exact.
- Pour the quantity of milk over the top. Make bigger batches if you want, just stick to the ratio 1:4
- Cover the top of the jar with cheese cloth or tea towel to let the air in, but not the bugs or dust. Secure with a rubber band.
- Place in a warm (18-29 C) dark spot in your kitchen. This will allow the fermentation.
- It will be ready in less than 24 hours. You will need to experiment with exactly how long it takes at your place, as temperature will dictate the speed of fermentation. You know it is ready when it is slightly thickened, and smells good! Mine currently takes 18 hours.
- Strain your kefir grains out of the kefir milk and pour the kefir into bottles to pop into the fridge. Enjoy at your leisure within 2 weeks.
- Place the kefir grains into a new cleaned jar and add milk. Start the process again.

Notes:

If it is too tart- reduce the fermentation time.



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If it separates into whey, either add more milk next time, or lessen the amount of kefir grains you use.

You can do this process every day. Or if you need a break, simply store the kefir grains in milk, with covered fabric on top in the fridge. It will last a few weeks at least.

You can flavour your kefir with fruit, vanilla etc. You can drink it straight, use it in smoothies, or freeze it and have it like frozen yoghurt.