

How To Make Kefir

What you will need:

- Approximately 1 tbsp Kefir Grains (available upon request to Herd Share owners)
- Six S Dairy Raw Milk
- Fine Mesh Strainer
- Mason Jar Funnel
- Spatula
- Quart Mason Jars
- Plastic Wide Mouth Lids

Getting Started:

1. Strain your new kefir grains from the milk they've been stored in.
2. Place the grains into a clean, dry quart mason jar
3. Fill the jar with milk, leaving approximately 1" headspace
4. Cover the jar with a plastic lid, but do not screw down tight, screw it on just enough that it doesn't fall off. This will keep debris out but still let air in.
5. Let sit at room temperature for 24 hours. I find that when my kitchen is too cold, my kefir does well in the oven with the light on for heat.
6. Using your mesh strainer, strain out the kefir grains, letting the kefir drain into a clean, dry mason jar. Don't worry about the curdled look of the kefir, that's normal. You will need to use a spatula to work the kefir through the strainer. Do this gently, working the grains around, allowing kefir to move past them.
7. Do not rinse the grains.
8. Place the grains into a new clean, dry mason jar, top with milk and repeat the process.
9. Place the fresh kefir in the refrigerator to chill.
10. To enjoy kefir after it's been chilled, try blending it with frozen berries and a spoonful of honey.

Important Notes:

- When you bring your new grains home, repeat the above process a couple of times before consuming the kefir. This will allow the grains to get back in action and have the correct yeast/bacteria ratio.
- When you first start drinking kefir, **START SLOW**. Drinking kefir introduces our systems to some amazing new healthy bacteria which will cause some of the bad bacteria in our gut to die off. If you drink too much, too soon, it can cause you to have a bad reaction to the overload of bad bacteria dying off. This happened to us initially because I was unaware that could happen. I recommend starting with about an ounce a day for a few days and very gradually working yourself up to your desired amount.
- A quart a day of kefir may be too much for you to go through, I typically make a pint a day, simply reduce the amount of kefir grains to about 1 ½ tsp and the amount of milk to 1 pint.
- If you'd like to take a break from kefir making, simply store your grains in the refrigerator covered in milk. Give them fresh milk weekly.