

## Instructions on how to make Kefir

- Pour 1 litre of full fat organic or raw milk into a clean glass jug with lid or glass kilner jar.
- Add about 3 tablespoons of kefir from the last batch. Stir slightly.
- Cover loosely with a lid. It is important that gas from fermentation should be able to escape.
- Place on work surface in kitchen at room temperature. Do not move whilst it's fermenting.
- Leave for approximately 24 hours - 36 hours. (Raw milk takes 36 hours)
- Kefir should smell pleasantly sour.
- Place kefir in fridge until required to serve. Give it a good stir to smooth out the lumps.
- When you are ready to start a new batch simply pour 1 litre of milk into glass jug and stir in 2 or 3 tablespoons of the kefir from the jug in the fridge (repeating the process as before).

### NB

Instructions on the internet will tell you to strain out the grains, we have found by experience this is not necessary and very messy. It's also wasteful.

Full fat milk gives a creamier result and is better for you. Health experts are now finding that cream is good for you after all. (Well God put the cream in so why remove it?)

Raw milk is the best of all, but if this is not available organic milk is second choice. Non organic milk, has many hormones and pesticides in it and poorer quality. Also the cows are less happy and not grass fed.

If you don't like the lumpy texture you can make a smoothie by processing the kefir. Add some fruit of your choice. It will be delicious and very healthy too. If you have oats for breakfast you can soak them overnight in kefir - no need to cook.

Equipment should always be clean (but there is no need to sterilize it) and only use glass for fermenting - not metal.

You can use a metal spoon to put starter into milk.