

Making Kefir

Recipe by Pam Lau

Materials:

Kefir Grain
Fresh Milk
Coconut Water
Glass jar (about 16 oz)



Kefir Grain

Strainer
2 bowls (1 or 2 quarts)
1 wooden spoon

Time: 10 - 20 minutes

1. Empty the kefir grain into a jar (16 oz)
2. Pour fresh milk over the kefir grain; fill to a few inches from the top of the jar. Let it stand overnight at room temperature.



Step 1 and 2



Step 3

Next Day:

3. Drain the liquid off the grain into a bowl using a strainer.



Step 4

4. Pour the grain back into the jar or bowl and then pour coconut water over the grain. The idea is to “rinse” the kefir (milky substance) off the kefir grain.

Note: It is easier to use a bowl than a jar for rinsing.



Step 5

5. Use a wooden spoon to stir the grain gently to help remove the kefir.

6. Repeat step # 3.

7. Pour the liquid into a quart jar and it is ready to use in smoothies, salad dressing, dips and drinks.

8. Repeat the rinsing and draining off the liquid from the grain until the kefir (white milky substance) is extracted.

I usually do it two or three times.



Step 7

