

# | Milk Kefir

Milk Kefir is symbiotic grains of bacteria and yeast that ferment a specific liquid - in this case, milk! It produces a tangy “yogurt like” drink that is great for smoothies, cooking, baking and more! If you use raw milk be sure to hydrate your grains and begin them in raw milk. If you have grains that you got from a friend that were started in raw milk please see these instructions: <http://www.culturesforhealth.com/introducing-milk-kefir-grains-raw-milk>

## Supply list:

1. **2 large jars (1-2 gal whatever you can find)**
2. **Milk Kefir Grains**  
(<http://www.culturesforhealth.com/milk-kefir-grains.html>)

1. Follow the instructions on the package for rehydrating grains
2. Place hydrated grains in the bottom of a jar and fill the jar with milk
3. **Cover the jar:** Cover the jar with cheesecloth, a paper towel, or a clean napkin and secure it with a rubber band. Do not screw a lid onto the jar as the buildup of carbon dioxide from the fermenting grains can cause pressure to build in the jar, and in extreme cases, cause the jar to burst.
4. **Ferment for 12 to 48 hours:** Store the jar at room temperature (ideally around 70°F) away from direct sunlight. Check the jar every few hours. When the milk has thickened and tastes tangy, it's ready. This will usually take about 24 hours at average room temperatures; the milk will ferment faster at warmer temperatures and slower at cool temperatures. If your milk hasn't fermented after 48 hours, strain out the grains and try again in a fresh batch (this sometimes happens when using new kefir grains, when refreshing dried kefir grains, or when using grains that have been refrigerated).
5. **Strain out the kefir grains:** Place a small strainer over the container you'll use to store the kefir. Strain the kefir into the container, catching the grains in the strainer.
6. **Transfer the grains to fresh milk:** Stir the grains into a fresh batch of milk and allow fermenting again. This way, you can make a fresh batch of kefir roughly every 24 hours. To take a break from making kefir, place the grains in fresh milk, cover tightly, and refrigerate.
7. **Drink or refrigerate the milk kefir:** The prepared milk kefir can be used or drank immediately, or covered tightly and stored in the refrigerator for up to a week.

\*\*For information about using coconut milk please see <http://www.yemoos.com/coconut-milk-kefir.html>.