

Instructions for making milk Kefir

You will need:-

Use whole milk - not skimmed or semi-skimmed (*you will be using just the amount of you milk you are likely to drink as kefir each day*)

Milk starter culture

Two jam jars with lids (*one to make the kefir in and one to chill it in the fridge*) When you first buy or are given the kefir starter culture it will probably only be a tablespoon or so. So a half pint jar is plenty big enough. (*As you keep making batches of the kefir, the culture itself will grow and be capable of making larger amounts of kefir - or you can give some away to family or friends - or you can throw it away.*)

A Plastic sieve. Always use a plastic sieve and spoon - rather than metal - keep metal away from the kefir (*not sure why - but all the sites tell you this*)

Method

If you are making kefir for the first time, from a starter culture you have bought or have been given, place the culture in the jar.

If you are making kefir from a previous batch, first stir the kefir and culture, then sieve the kefir to separate the culture from the newly-made kefir - but do not rinse them - simply spoon them either back into the same jar

If the grains are a bit slimy that's very good - that's the kefir which is incredibly health-promoting

Add the amount of milk that you would expect to use each day. (*You have to make the kefir every day to keep the grains healthy - so no point in making more than you need or it will simply build up*)

Put the lid on the jar, but leave it a little loose so that air can escape

You can make larger amounts as the grain grows - particularly if you want to give anyone some kefir to try

Next

Put the jar of milk & culture out of direct sunlight - at room temperature (*e.g a kitchen cupboard or worktop*) Leave it undisturbed for 24 hours

After 24 hours - if the kefir has separated, that's OK - it shows it's doing it's job of breaking down the milk into curds and whey. Simply stir before sieving

Sieve the culture out of the kefir and use the culture to make another batch. The consistency of the kefir won't be as thick as shop-bought yogurt - more like pouring cream.

Put the sieved kefir into the fridge to chill for a few hours before using (*it will actually keep for a very long time in the fridge*)

You can then add the milk kefir to fruit juice - or to a smoothie (**note** - only blend the fruit in the blender - add the kefir afterwards, so as not to damage it's health-promoting cultures)

Repeat the process each day Enjoy - it's such fun to make!

How much to take

Kefir is a powerful internal cleanser. The helpful bacteria and yeasts in it will overwhelm and kill off harmful intestinal bacteria and yeasts

Remember to begin carefully, though - with only small amounts of kefir a day - then build up very slowly. You want to cleanse the system of toxins - but only as the body is able to deal with them

If you kill off these toxins too fast you may experience what is known as a **Herxheimer Reaction** (*a reaction to toxins released by the death of harmful organisms within the body*).

This is usually a dull headache or mild flu-type symptoms

So start with about an ounce once a day for the first week (*the easiest way is to just add a little fruit juice to the kefir in a glass - grape or apple and mango juice works well*) Build up gradually week by week until you are able to take about 6-8 ounces (150-200ml) a day.