



Milk Kefir Grains STARTER CULTURE INSTRUCTIONS

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You can make delicious fresh kefir at home!

Total time: 3-7 days ★ **Active time:** 5-10 minutes daily

YOU CAN DO THIS

Milk kefir “grains” are ancient living cultures used to culture dairy. Milk kefir is a delightfully tangy beverage. Drink it plain or flavored, or use it in salad dressing, breads, and ice cream.

What You'll Need

- ➔ 1 packet of dehydrated milk kefir grains in powdered milk (in this box)
- ➔ Pasteurized whole milk (avoid ultra-pasteurized and UHT)
- ➔ Glass jar or similar container
- ➔ Coffee filter or tight-weave cloth
- ➔ Rubber band
- ➔ Strainer (plastic or other non-reactive material)

Activating Milk Kefir Grains

1 Empty the entire packet of dehydrated milk kefir grains into 1 cup fresh, cold pasteurized milk (*don't use raw milk for activation*) and **stir**. **Cover** with a coffee filter or cloth secured by a rubber band and **culture** in a warm spot, 68°-85°F.

2 Between hours 8-24, **check** the milk hourly. **Is the milk thickening or changing texture slightly in less than 24 hours?**

YES

As soon as you notice a change in the milk's texture, **strain out** the grains and **put** them in fresh milk, **increasing** the amount of milk by ½ cup. **Cover and culture** as before.

NO

At the end of 24 hours, **strain out** the grains and **put** them into the same amount of fresh milk (never decrease the amount of milk). **Cover and culture** as before.

3 Activation usually takes 3-7 days. By following the steps above, the size of your batch will increase in ½ cup increments up to a total batch size of 4 cups. **If the milk thickens in less than 24 hours, remove some grains or add milk to keep your grains fed and happy. Your grains are activated!**

USE IT
OR
LOSE IT

At any stage of activation, **if the finished product smells and tastes pleasant, you can drink it or cook with it.** Otherwise, remove the grains from it and discard it.

Milk kefir grains are hungry critters! Check them often and move them to fresh milk as soon as you see a texture change, or you risk off flavors and starved grains.

LOVE
YOUR
GRAINS

What's next? Make more milk kefir! Then try our kefir scone recipe, plus troubleshooting tips. ➔

Making Milk Kefir

- 1 Transfer** the kefir grains into up to 4 cups of fresh milk.
➔ **TIP:** Find instructions to use raw milk to make kefir at www.culturesforhealth.com/raw-milk-kefir
- 2 Cover** the jar with a coffee filter or cloth secured by a rubber band. **Place** it in a warm spot, 68°-85°F, to culture.
- 3 Culture** until the milk is slightly thickened and the aroma is pleasant. This generally takes 24 hours but may take less. **Continue** immediately to step 4.

- 4** After culturing is complete, **separate** the kefir grains from the finished kefir. **Place** the kefir grains in a new batch of milk. **Store** the finished kefir in the refrigerator.

Milk Kefir critters need a constant supply of fresh milk in a clean jar. Learn how to take a break from your grains:
www.culturesforhealth.com/MKG-break

TAKE
A
BREAK

Recipe: Simple Scones with Kefir

English scones are an unforgettable treat. Try this simple recipe using cultured kefir for an extra-tender crumb to your British scones. Serve them warm with cultured butter, clotted or whipped cream, and jam.

INGREDIENTS

- ➔ 2 cups flour (soft wheat or spelt is best)
- ➔ 2 teaspoons baking powder
- ➔ ½ teaspoon salt
- ➔ 4 tablespoons cold butter
- ➔ ¼ cup granulated sugar
- ➔ ½ cup milk kefir



INSTRUCTIONS

- 1. Preheat** oven to 425°F.
- 2.** In a medium bowl, **whisk together** the flour, baking powder, and salt. **Cut** the butter into chunks and **cut** it into the flour using fingers or a pastry cutter until the size of small peas.
- 3. Add** the sugar and slowly **mix** in kefir until a dough forms. The dough should just hold together and not be too sticky. **Knead** briefly to bring the dough together, and **turn** it out onto a floured surface.
- 4. Roll** the dough out into a 1½-inch thick round or rectangle. Use a 2-inch biscuit cutter to **cut** out the scones and **transfer** them to a baking sheet. **Knead together** scraps and cut into more scones until all of the dough is used up.
- 5. Bake** 10-15 minutes. **Transfer** to a wire rack to cool.

Questions? We can help!

Q *My grains don't appear to be working. Why?*

- A** Milk kefir grains generally take 3-7 days to activate and properly culture milk kefir. If the kefir doesn't thicken for you, check the fat content of your milk. The fat in milk plays a role in the final product and affects flavor and texture. Low fat milk will result in thinner kefir. Culture according to the instructions.

If your starter isn't performing as expected, don't throw it away! Put a tight lid on your culture, store it in the fridge, and contact customer support:
www.culturesforhealth.com

LET US
HELP

Q *Some of the milk kefir sticks to my grains. Is that okay?*

- A** It is normal for kefir to cling to the grains and it does not present a problem. Strain the grains as best you can and don't worry about smaller layers that remain. Don't rinse your grains in water to remove excess kefir.

Q *How will I know if I've successfully made kefir? How do I know if I shouldn't drink it?*

- A** The milk will thicken and can have a tangy or sour aroma and flavor. We recommend not consuming anything that looks, smells, or tastes unpleasant.

Q *My question isn't listed here. What do I do?*

- A** Try online: www.culturesforhealth.com/MKG-advice

WANT
MORE?

We have dozens of recipes, how-to videos, and articles for beginners and milk kefir pros on our website:
www.culturesforhealth.com/kefir

Fermented foods often have a sour but clean aroma and flavor. **Never consume anything that smells or tastes unpleasant.**

WHAT'S
THAT
SMELL?