

# Making Kefir

**Yield:** 2 cups

## Ingredients:

2 cups (500 ml) whole milk

1 tablespoon plump, live kefir grains



## Method of Prep

1. Pour milk and grains into a clean mason jar. Stir and cover with cheesecloth. Secure with a rubber band.
2. Leave the jar at room temperature or 64-82° F, away from sunlight for 24 hours or until the milk begins to thicken slightly. Strain before the mixture separates into curds and whey. The strained kefir will continue to develop sourness even after straining.
3. Begin your next batch immediately. Measure out 1 tablespoon of the strained grains (they grow in size with each batch) and pour into a new clean jar with another 2 cups of fresh whole milk. Give away any extra kefir grains or compost them. Repeat this process every day.
4. Freshly strained kefir milk can be consumed right away or kept in the refrigerator for 5-8 days, where it will continue to ripen.

## Storage Options

### Short-term Break (up to a week)

Combine a fresh batch of milk with the kefir grains as instructed above. Screw on a mason jar lid loosely and place directly into the refrigerator for up to one week. To use again, move the jar to room temperature and cover in cheese cloth. Ferment until thick and then strain—starting the process over again. If the first kefir tastes unusual or off, strain and discard the milk and do a new batch with the grains.

### A Few Weeks (up to 4 weeks)

Follow the instructions above. When ready to use the kefir again, remove any white mold from the top of the mason jar, then strain and discard the milk. Rinse the strained grains with water and begin using them again. If any bright colored mold formed during the storage, discard the lot.

### Long Term Storage

Rinse, dry, and dehydrate the kefir grains. Store in a glass jar. To rehydrate, feed with fresh, tepid milk. It may take 2-3 weeks for them to reach their previous potential again.

Resources: *Davis, Holly (2017). Ferment: A guide to the ancient art of culturing foods, from kombucha to sourdough. Chronicle, San Francisco.*

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