

HOW TO MAKE MILK KEFIR



What you need:

7" plastic sieve

7" plastic funnel

Minimum 2 x 1 litre glass jars with lids, eg Kilner

Netting/muslin to protect from flies

Plastic spatula

Whole or raw milk



2 large tablespoons of Kefir grains



Place the grains in glass jar. Add litre approx. of whole milk

Place muslin netting over jar and lid half off. Leave for 24 hours at room temperature (First ferment)



Use funnel and sieve kefir into fresh jar using spatula to assist.
Transfer grains from sieve to clean jar to restart process.
Place sieved Kefir (with lid on) at room temperature for a further 24 hours
(known as second ferment).

Transfer to fridge.