

WATER KEFIR

Single Fermentation

Ingredients

About 3 Tbsp Kefir grains (also known as “Japan Crystals”)

1 litre of water

About 80g sugar (about 5 Tbsp)

20-30g of dried fruits (you name it: raisins, figs, plum etc)

At least 1 or 2 slices of lemon (organic, skin on)

1 fermentation container for 1 litre (eg. Glass screw top jar)

1 plastic strainer, 1 plastic spoon

1 bottle or glass container for storing the finished Kefir drink in your fridge

Method

1. Use 1 litre of water for your fermentation and dissolve the sugar (80g) completely
2. Add about 3 Tbsp Kefir grains (without Water Kefir drink).
3. Add about 20-30g of dried fruits eg 2 or 3 figs or half a handful of raisins.
4. Add at least 1 or 2 slices of lemon to your culture.
5. Please seal your fermentation in a way that carbon dioxide may still exit ie put a muslin cloth or tea towel over the jar.
6. Store your container in a warm place (21-25 degrees)
7. Your Water Kefir drink is ready in about 1 to 3 days. Then, remove the dried fruits and lemon slices.
8. Use a strainer for bottling your finished drink.
9. Briefly rinse your Water Kefir grains in a strainer under running cold or lukewarm water
10. Clean the fermentation container thoroughly. You are now ready to start all over again.

IMPORTANT! Please never let your Water Kefir grains get into contact with metal of any kind. Metal will seriously harm your grains. Therefore, use only plastic strainers and plastic spoons.

This recipe is a single fermentation recipe. Here is a link for a double fermentation recipe that may make kefir tastier and fizzier.

<https://www.feastingathome.com/water-kefir/>