



KEFIR INSTRUCTIONS

FOR YOUR FIRST LITRE YOU WILL NEED:



30 GRAMS SUGAR

Raw organic is the best



About 2 Tablespoons of HIbiscus, Lemongrass & ginger

FERMENTATION CLOTH

A breathable cloth, like cotton or a tea towel



FERMENTATION VESSEL

YOU ALSO NEED 2ND VESSEL FOR

Glass, ceramic. food-grade plastic,

or stainless steel

I LITRE OF HOT WATER

Boiled tapwater is ok, spring or mineral water is best.



THE BREW BIBLE



PUT A CLOTH ON TOP WITH A RUBBER BAND LEAVE IT TO BREW IN A COOL SPOT FOR 2 DAYS

STEP 4



STEP 5

STRAIN THE KEFIR **GRAINS INTO** ANOTHER VESSEL -THIS IS YOUR FLAVOURING VESSEL (F2)



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STEP 6 FLAVOUR

To flavour your brew, add infusions to the strained liquid and mix well. You can leave for a couple of hours or a couple of days. Bottle it. Once fizzy, keep them in the fridge!

REPEAT...

You can now repeat the brewing process to make a never ending supply of kefir. Add the strained grains to more sugar and water to start the process again.

DAY

PERFECT AT OPTIMAL TEMPERATURES - APPROX. 26°C

WEAKÈR

TASTE SWEET

STRONGER SOUR

≠ HOT TIPS **₹**

Yumminess: add a tablespoon of Molasses or dried fruit to keep your ferment healthy!

Warmer temperatures will result in a faster ferment, cold weather will slow down the process. Optimal temperature 23°C-29°C

Stronger is better: keep the grain to water ratio of the kefir at least 30 grams per litre to ensure healthy brewing

Flavourings ideas: add fruit juice, dried fruit, herbs and spices, fresh fruit or steep flavoured teas into F2.

Reep it cool: make sure anything you add to vour culture is less than 35°C

Carbonating kefir: bottle it, let it rest in ambient temperatures for a day or two, then test if it's sparkling. Make sure to put it in the fridge as overly sparkling

kefir may explode.

Twist: try Coconut water instead of sugar water. It's magical!

FOR MORE BREWING TIPS VISIT









