

**HOW TO BREW KEFIR** 

# **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



spring or mineral water is best.

# THE BREW BIBLE



STEP 2

COOL DOWN TO



HOT TIP:

STEP 4

It will get

more sour the longer

you brew

TASTE SWEET

## **≠** HOT TIPS **₹**

PERFECT AT OPTIMAL TEMPERATURES - APPROX. 26°C

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

STRONGER

SOUR

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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

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

STEP 6 FLAVOUR

the process again.

WEAKÈR

the fridge!

DAY

REPEAT...

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

### DISSOLVE THE SUGAR IN THE HOT WATER WITH A WHISK ROOM TEMPERATURE Between 10 - 35°C STEP 3 ADD A PINCH OF BICARB SODA POUR MIXTURE AND A LEMON INTO F1 & ADD SLICE YOUR KEFIR





GRAINS

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





Boiled tapwater is ok,

