

DAIRY

Homemade milk kefir

Milk kefir made with whole milk and milk kefir grains, following The Gut Stuff's recipe.

Recipe author: The Gut Stuff



TIME

24 hours fermenting, or another 24 hours if needed

MAKES

1 batch (250 ml milk)

Method: Fermenting whole milk with kefir grains

Season and ingredients: Year-round

Storage: After straining, transfer to a bottle with a lid. Refrigerate for up to one week.

Ingredients

- 5 g milk kefir grains
- 250 ml whole milk

Weigh the kefir grains and measure the milk with a measuring jug.

Equipment

- 500 ml jar, muslin or cheesecloth, rubber band, wooden or plastic spatula, plastic sieve, bowl and a bottle with a lid

Instructions

1. Prepare the jar

Wash the jar in hot water with washing-up liquid. Heat in an oven at 100°C for 15-20 minutes, then leave to cool.

2. Add the grains and milk

Put the kefir grains in the 500 ml jar and pour in the milk. Stir gently with a clean spoon. Cover with muslin or cheesecloth and secure with a rubber band.

COMPILED BY / NATALIA HORBACH, PhD

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Sources and history on the Fermentarnia website
fermentarnia.com



Homemade milk kefir / continued

3. **Leave to ferment**

Leave for 24 hours at room temperature, away from direct sunlight.

4. **Check the kefir**

Stir after 24 hours. The kefir is ready when it has thickened and tastes pleasantly tangy. If it is not ready, cover again and leave for another 24 hours.

5. **Strain and chill**

Strain through a sieve over a bowl to separate the kefir grains. Pour the kefir into a bottle with a lid. Use immediately, or refrigerate for up to a week.

6. **Keep the grains**

Keep the grains and the 500 ml jar for the next batch.

Tips

Contains milk. Milk kefir grains and water kefir grains are not interchangeable.

If the milk has not fermented after 48 hours, The Gut Stuff recommends straining out the grains and starting again with fresh milk.

How to serve

Drink chilled or add to a smoothie just before serving.

Under the microscope

Bacteria and yeasts share the work

Milk kefir grains contain both bacteria and yeasts. Their fermentation produces acids that give the milk its tang; carbon dioxide can add a gentle fizz. Milk kefir grains are a different culture from water kefir grains, so the two are not interchangeable in this recipe.

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