



MILK KEFIR

INSTRUCTIONS FOR FIRST BATCH (OR 2)

- STRAIN THE GRAINS AND DISCARD THE MILK
- ADD 2 CUPS OF FRESH WHOLE MILK, PASTURIZED OR RAW, IN A JAR WITH THE GRAINS.

MAKE SURE THE MILK IS NOT ULTRA-PASTEURIZED* (UHT) OR 'LACTOSE-FREE. SKIM OR LOW FAT MILK WILL WORK, BUT THE GRAINS PREFER THE NUTRITION FOUND IN WHOLE MILK. YOU CAN SWITCH TO WHOLE MILK PERIODICALLY, IF YOU PREFER A LOWER FAT MILK)

- COVER THE JAR WITH BREATHABLE CLOTH OR LIGHTLY CAP AS SLIGHT CARBONATION BUILDS.
- PLACE IN A SPOT AWAY FROM DIRECT SUNLIGHT AND WAIT 12-24 HOURS, WARMER TEMPS ARE SHORTER.
- THE MILK IS READY WHEN YOU SLIGHTLY TILT THE JAR AND IT IS SLIGHTLY GELLED. SMALL POCKETS OF WHEY MAY BE FORMING. STRAIN OFF GRAINS AND DISCARD MILK. REPEAT THIS PROCESS IF THE MILK SMELLS "OFF" OR HAS NOT GELLED AS IT IS NOT YET FULLY ACTIVE.

INSTRUCTIONS ONGOING:

- NOW THAT THE GRAINS ARE ACTIVE, ADD A QUART OF MILK. THE RATIOS MAY NEED TO BE ADJUSTED (MORE MILK, LESS GRAINS) IF POCKETS OF WHEY ARE FORMING BEFORE YOU ARE READY TO STRAIN AGAIN. A 24 HR CYCLE CAN BE THE EASIEST TO KEEP TRACK. STRAIN OFF GRAINS, ADD FRESH MILK.
- REMOVE EXCESSSS GRAINS AS THEY MULTIPLY AND STORE IN THE FRIDGE IN A JAR OF MILK, DISCARD, OR EAT THEM:)
- THE "KEFIR HOTEL" IN THE FRIDGE WILL NEED FRESH MILK WHEN IT STARTS TO SEPARATE INTO CURDS AND WHEY.



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