



# Milk Kefir Grains STARTER CULTURE INSTRUCTIONS



**You can make delicious fresh kefir at home!**

**Total time:** 3-7 days   ★ **Active time:** 5-10 minutes daily

**YOU CAN DO THIS**  
Milk kefir "grains" are ancient living cultures used to culture dairy. Milk kefir is a delightfully tangy beverage. Drink it plain or flavored, or use it in salad dressing, breads, and ice cream.

## Activating Milk Kefir Grains

**1** Empty the entire packet of dehydrated milk kefir grains into 1 cup fresh, cold pasteurized milk (*don't use raw milk for activation*) and **stir**. **Cover** with a coffee filter or cloth secured by a rubber band and **culture** in a warm spot, 68°-85°F.

**2** Between hours 8-24, **check** the milk hourly. **Is the milk thickening or changing texture slightly in less than 24 hours?**

**YES**

As soon as you notice a change in the milk's texture, **strain out** the grains and **put** them in fresh milk, **increasing** the amount of milk by ½ cup. **Cover and culture** as before.

**NO**

At the end of 24 hours, **strain out** the grains and **put** them into the same amount of fresh milk (never decrease the amount of milk). **Cover and culture** as before.

## What You'll Need

- ➔ 1 packet of dehydrated milk kefir grains in powdered milk (in this box)
- ➔ Pasteurized whole milk (avoid ultra-pasteurized and UHT)
- ➔ Glass jar or similar container
- ➔ Coffee filter or tight-weave cloth
- ➔ Rubber band
- ➔ Strainer (plastic or other non-reactive material)



## Making Milk Kefir

- 1 Transfer** the kefir grains into up to 4 cups of fresh milk.  
→ **TIP:** Find instructions to use raw milk to make kefir at [www.culturesforhealth.com/raw-milk-kefir](http://www.culturesforhealth.com/raw-milk-kefir)
- 2 Cover** the jar with a coffee filter or cloth secured by a rubber band. **Place** it in a warm spot, 68°-85°F, to culture.
- 3 Culture** until the milk is slightly thickened and the aroma is pleasant. This generally takes 24 hours but may take less. **Continue** immediately to step 4.

### Recipe: Simple Scones with Kefir

English scones are an unforgettable treat. Try this simple recipe using cultured kefir for an extra-tender crumb to your British scones. Serve them warm with cultured butter, clotted or whipped cream, and jam.

#### INGREDIENTS

- 2 cups flour (soft wheat or spelt is best)
- 2 teaspoons baking powder
- ½ teaspoon salt
- 4 tablespoons cold butter
- ¼ cup granulated sugar
- ½ cup milk kefir

#### INSTRUCTIONS

**1. Preheat** oven to 425°F.

**2. In a medium bowl, whisk together** the flour, baking powder, and salt. **Cut** the butter into chunks and **cut** it into the flour using fingers or a pastry cutter until the size of small peas.

**3. Add** the sugar and slowly **mix** in kefir until a dough forms. The dough should just hold together and not be too sticky. **Knead** briefly to bring the dough together, and **turn** it out onto a floured surface.

**4. Roll** the dough out into a 1½-inch thick round or rectangle. Use a 2-inch biscuit cutter to **cut** out the scones and

**4** After culturing is complete, **separate** the kefir grains from the finished kefir. **Place** the kefir grains in a new batch of milk. **Store** the finished kefir in the refrigerator.

Milk Kefir critters need a constant supply of fresh milk in a clean jar. Learn how to take a break from your grains: [www.culturesforhealth.com/MKG-break](http://www.culturesforhealth.com/MKG-break)



### Questions? We can help!

**Q** *My grains don't appear to be working. Why?*

**A** Milk kefir grains generally take 3-7 days to activate and properly culture milk kefir. If the kefir doesn't thicken for you, check the fat content of your milk. The fat in milk plays a role in the final product and affects flavor and texture. Low fat milk will result in thinner kefir. Culture according to the instructions.

**If your starter isn't performing as expected, don't throw it away!** Put a tight lid on your culture, store it in the fridge, and contact customer support: [www.culturesforhealth.com](http://www.culturesforhealth.com)



**Q** *Some of the milk kefir sticks to my grains. Is that okay?*

**A** It is normal for kefir to cling to the grains and it does not present a problem. Strain the grains as best you can and don't worry about smaller layers that remain. Don't rinse your grains in water to remove excess kefir.

**Q** *How will I know if I've successfully made kefir? How do I know if I shouldn't drink it?*

**A** The milk will thicken and can have a tangy or sour aroma and flavor. We recommend not consuming anything that looks