



Make your own Milk Kefir

Keep the kefir grains frozen if you are not ready to start making it.

Choose your milk between: cow, goat, sheep, camel, low-fat or whole milk but ultra-high temperature (UHT) milk must be avoided. Once in a while, you may also make kefir using vegetable milk, just remember to go back using animal milk to feed your grains.

Making Your Kefir.

Place kefir grains in a clean glass jar. To activate the grains, put the 10 grams in 250ml of milk. This first batch can be used in pan-cakes or cake. Let ferment kefir 24 hours at room temperature. Give the jar a shake occasionally. For next batch, 10 grams will ferment 750ml of milk.

Many kefir instructions indicate fermenting with a loose lid or cotton cloth. At Mycoboutique we obtain the best results using a firmly closed plastic lid to avoid contamination. Avoid direct sunlight.

Once the kefir has a pleasant flavour and the milk has thickened, it's time to strain out the kefir grains and put them in fresh milk

Transfer the kefir milk to a clean glass jar and close firmly. You may leave it 24h at room temperature to create a bubbly kefir. Store the finished kefir in the refrigerator. It will remain good for several weeks.

Taking a break?

Give your grains plenty of milk, and store them in the refrigerator (250ml per table spoon of grains for a week of rest. Alternatively, strain the milk and freeze the grains in a Zip-lock bag with as little as air possible.

What to do with your kefir?

Drink it naturally, or add any flavour you like, for example, banana or strawberry. Use it in smoothies, in pancake mix or hang it in a cheesecloth and make fresh cheese with it.