



## USING YOUR KEFIRKO

- Before first use, wash all Kefirko parts with warm, soapy water. Make sure to wash out the detergent thoroughly.
- All parts are top rack dishwasher safe; however, hand washing is recommended for best results.
- Kefirko should not be exposed to direct sunlight during kefir fermentation; also do not place it near any heat sources on your kitchen counter.
- Open the top lid of the jar slightly to allow the air circulation needed for the fermentation. If you unscrew the lid just a tiny bit, the fruit flies will not be able to get inside the jar.
- The sieve has two pouring areas: one for milk kefir (larger strainer slots) and another for water kefir (smaller strainer slots).
- Rinse with water after each use and tap gently against a cloth to dry.



## TIPS

### SECONDARY FERMENTATION

Seal your glass of freshly strained kefir with an airtight lid and put it in the refrigerator for one day to complete the secondary fermentation process. This will add the full spectre of probiotics to your kefir while preserving its freshness on the next day.

### HOW TO STORE EXTRA KEFIR GRAINS

You can either prepare a new batch of kefir or store the kefir grains. If you want to store your extra milk kefir grains, put them in a small jar and add some milk (for a shorter period – up to 7 days) or add water with a pinch of sugar (for a longer period – up to 2 months) and store the sealed jar in the refrigerator.

### GIVE AWAY YOUR EXTRAS

Kefir grains are constantly growing and multiplying and it is common practice to share your extras with others. Measure the grains periodically by using the measuring cup on the top lid and give your extras to other kefir makers. To obtain the freshest milk or water kefir grains from a location near you we recommend using the **Kefirhood.com** platform.

Art. No. 1



## CHOOSING THE TYPE OF MILK FOR MAKING MILK KEFIR

### COW MILK

is the most popular choice for culturing. Culturing cow's milk produces a thick, smooth milk kefir.

### GOAT MILK

is becoming more popular for culturing. The structure of goat milk is different from cow milk and results in a thinner finished kefir than cow milk.

### SHEEP MILK

is sweeter than cow milk and contains more protein, resulting in a thicker, creamier kefir.

### LACTOSE-FREE MILK

may not be suitable for culturing. Some brands do actually still contain lactose, but also contain lactase, an enzyme that helps lactose-intolerant individuals digest the lactose. These brands are usually ultra-pasteurized, which does not work well for culturing.

Other brands of lactose-free milk are filtered to remove lactose. In that case, there would be insufficient food for the bacteria.

### NON-DAIRY MILK

may be cultured in some cases. Coconut milk can be cultured using milk kefir grains as long as a revitalization period is observed. While some people report success culturing kefir grains in seed and nut milks, these yield inconsistent results.

**Revitalization period:** When culturing coconut milk, it is important to revitalize the kefir grains in animal milk for 24 hours. The milk kefir grains should be revitalized every few days.

**LACTOSE INTOLERANCE TIP:**  
You may try maturing milk kefir to reduce the lactose content.



## HOW TO GROW SPROUTS

- 1 Put 2 tbsp of seeds for sprouting of your choice in the bottom of the jar and cover with water to soak for 12 hrs.
- 2 After 12 hrs rinse the sprouts with fresh water (not too cold) and drain the water through the strainer lid. Apply the scraper tool to strainer lid to prevent spilling.
- 3 Screw on the top lid, but leave it open slightly to allow air flow. Turn Kefirko upside down.
- 4 Rinse the sprouts every 24 hrs, and in 4–6 days they will be ready for use, packed with vitamins and nutrients: they make a delicious meal on their own, but can also be added to salads, sandwiches and other dishes.



# Milk & Water KEFIR MAKER USER MANUAL

kefirko.com

## HOW TO MAKE MILK KEFIR

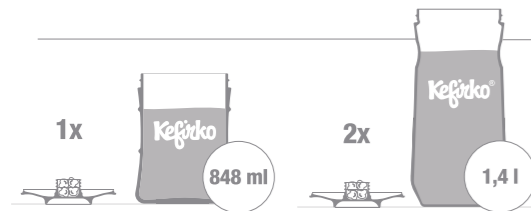


**1** Put the grains into the jar and add the appropriate amount of milk – The measurement lines mark 300 ml/10 oz (approximately one serving).

**2** Open the top lid of the jar slightly to allow the air flow needed for the fermentation. Leave it at room temperature for about 24 hrs. The primary fermentation is finished when the milk becomes thicker and sour in taste.

**3** When the process of primary fermentation is finished (~ 24 hours), remove the strainer lid and use swizzle stick to gently mix produced kefir. This will help you strain it. Put the strainer lid back on the jar.

**4** Apply the scrapper tool on the strainer lid and strain the kefir into jar, turning the scrapper in half-circle motion in the process. The grains will remain in the glass jar and strained kefir is ready for second fermentation or immediate use.



### MEASURING THE GRAINS:

The amount of kefir grains used may vary depending on the temperature, quality of grains and individual taste. General recommendation is to fill the measuring cup on the top lid with grains for small jar (0,6 l/20 oz), and double the amount of grains when using the big jar (1,4 l/50 oz).

## HOW TO MAKE WATER KEFIR

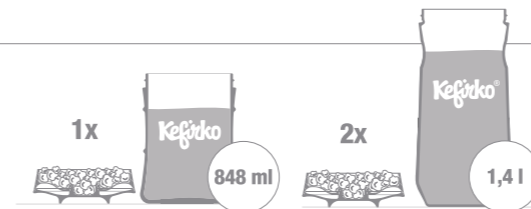


**1** Put the water kefir grains into the jar and fill it with fresh, non-chlorinated and non-filtered water. Add sugar and dried fruits (optional).

**2** Open slightly the top lid of the jar in order to allow the air flow needed for the fermentation. Leave it at room temperature for about 1-2 days.

**3** When the process of primary fermentation is finished (after approximately 1-2 days). Remove the top lid and strain the kefir into glass jar/bottle. The grains will remain in the Kefirko jar.

**4** After the kefir is strained you can add some fruit juice or squeeze fresh citrus juice into the water kefir. You can seal the bottles and leave it in the fridge for another day for second fermentation.



### MEASURING THE GRAINS & SUGAR:

The amount of water kefir grains used may vary depending on the temperature, quality of grains and individual taste. General recommendation is to fill the strainer lid full of water kefir grains for small jar (0.6 l/20 oz) and add 2-3 tbsp sugar. Double the amount of grains and sugar when using the big jar (1,4 l/50 oz).