

KEFIR FERMENTER



Kefir fermenter is used to prepare fermented beverages, milk or water kefir, using live kefir cultures: kefir grains. It ensures optimal conditions for every batch of kefir you ferment.



TWO-PIECE LID

Top lid can be left slightly opened. This allows airflow but still prevents contamination by dust, insects or small particles.

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STRAINER LID

Sieve is integrated in the lid. It has two pouring areas; one with larger strainer slots for thicker kefir (milk) and other with smaller ones for water kefir and/or smaller kefir grains.

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SCRAPER

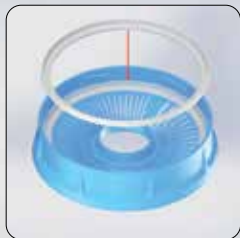
To move the kefir grains aside during straining and separating them from kefir. It also covers the hole in the strainer lid which makes straining more convenient and clean.



STIR THE KEFIR

Reach the perfect consistency for easier straining. Spoon is also convenient for handling the kefir grains or dissolving the sugar for water kefir.

ASSEMBLING







CAPACITY

The small Kefirko jar has a volume of 900ml, the large one 1400ml.





CARE FOR KEFIR FERMENTER

-  Before first use, wash all parts with warm, soapy water. Wash out the detergent thoroughly.
-  **Hand-washing is recommended for all parts of the fermenter.**
-  Do not expose to direct sunlight during fermentation; also do not place near heat sources in the kitchen.
-  Rinse the sieve with water after each use and gently tap it against a cloth to dry.



Bioplastic is used to make every plastic component. This indicates that because they are made of organic material, their manufacturing is more environmentally friendly.

HOW TO START

Milk kefir is done by immersing milk kefir grains in milk for a certain amount of time. Water kefir is done the same way with the difference it uses water kefir grains and a water-sugar solution.

Kefir grains are a symbiotic culture of bacteria and yeasts. We use fresh grains for fermentation. If you have dehydrated kefir grains you need to hydrate them before first use.

MILK KEFIR RECIPE

Use live kefir grains that can be reused. Our recommended ratio for milk kefir is 1:100. Increase or decrease the amounts proportionally. See table for reference:



KEFIR GRAINS	MILK
3 g / 1 tsp	300 ml / 10 fl oz
6 g / 2 tsp	600 ml / 20 fl oz
12 g / 3 tsp	1200 ml / 40 fl oz

1. Put the grains into the jar and add the appropriate amount of milk.
2. Cover and ferment at room temperature (20-24°C) for 24 hours. Fermentation is finished when the milk thickens and becomes more sour in taste.
3. When kefir ferments, remove the strainer lid and stir the kefir until creamy consistency. Screw the strainer back on the jar.
4. Attach the scraper to the strainer lid and turn it in half-circle motion to remove the grains clogging the strainer slots. Kefir is now ready to drink or to second ferment.

TIPS FOR MILK KEFIR



You can allow air circulation by slightly opening the top translucent lid. When properly closed, the lid will prevent fruit flies and small pieces from getting into the jar.



The sieve has two pouring areas - use larger slots for regular sized milk kefir grains (peanut size).



Dehydrated milk kefir grains can be smaller in size after activation. You can use finer mesh sieve to strain them during the first few weeks until they grow in size.



Milk kefir is almost lactose-free, so you may enjoy it even if you don't consume products containing lactose.



If you want to take a break or have extra milk kefir grains, you can store them (7-14 days) in the fridge in a small amount of milk or water-sugar solution.



Drink fresh milk kefir or store it in the fridge for up to 7 days. Note, the taste will still change because slow fermentation continues even with grains removed. Milk kefir will become more sour with time.



After fermentation (first 24hrs) you can second ferment milk kefir to complete the fermentation process. This is done without grains for another 12 hrs. You can add fruit, spices or herbs to add more flavour (strawberries, orange peels, cinnamon, vanilla, chocolate, etc.).

CHOOSING THE MILK & VEGAN KEFIR

Cow milk

is the most popular choice for fermenting, it produces thick, smooth milk kefir.

Goat milk

produces thinner finished kefir of excellent taste.

Sheep milk

contains more protein and results in creamier kefir.

Lactose-free milk

cannot be used to ferment milk kefir. During the fermentation the lactose serves as a food for bacteria. Fermented kefir is 99% lactose-free at the end of fermentation.

Plant-based, vegan alternatives

You can prepare kefir using plant-based milks like coconut milk, soya milk, almond milk, etc. Sometimes the grains work just fine, other times they may need a revitalisation period in regular dairy milk between batches. This means fermenting in regular cow milk for 24 hours every few batches.

WATER KEFIR RECIPE

Use live kefir grains that can be reused. Our recommended ratio for water kefir is 1:20. Increase or decrease the amounts proportionally. See table for reference:

KEFIR GRAINS	SUGAR	WATER
15 g / 1 tbsp	15 g / 1 tbsp	300 ml / 10 oz
30 g / 2 tbsp	30 g / 2 tbsp	600 ml / 20 oz
50 g / 3,5 tbsp	50 g / 3,5 tbsp	1000 ml / 34 oz

1. Pour water into the Kefir fermenter. Stir in sugar until dissolved and add kefir grains.
2. Cover with lid and ferment at room temperature (20-24°C) for 24-48 hours.
3. When the water kefir is ready, open the top lid and attach the scraper to the strainer lid. Turn the scraper in half-circle motion to make sure grains don't clog the strainer slots. Kefir is ready to drink or to second ferment.



TIPS FOR WATER KEFIR



The sieve has two pouring areas - the smaller slots are appropriate for water kefir.



Use non-chlorinated water to prepare water kefir. If you're not sure about chlorine in the water, you can boil it first or leave it in a bowl at room temperature for a few hours.



You can add minerals to your water (when using filtered water) by replacing part of the sugar with unrefined one, or by using pieces of dried fruit (figs, raisins, ginger etc.) or by adding a small amount of lemon juice, baking soda, etc.



For better growth of the grains add minerals (see above). Note, too much added minerals in every batch of kefir can make the grains mushy.



If you want more bubbles in kefir, increase the amount of minerals and close the lid during fermentation completely.



If you want to take a break or have extra water kefir grains, you can store them (7-14 days) in the fridge in a small amount of water-sugar solution.

SECOND FERMENTATION OF WATER KEFIR

Get full spectre of positive bacteria by second fermenting the kefir!

Second fermentation is done after completion of the first one (24-48 hrs) and without kefir grains. It's a way to add more flavour and bubbles to your water kefir. Pour strained kefir into glass bottles and cap them.

Make sure you use quality bottles because of the high pressure as a result of gas that is produced during fermentation. You can add freshly squeezed juice, fresh or dried juice, spices, herbs, etc. Ferment for another 12 hours or more, until the sweetness level drops and kefir becomes fizzy. Serve chilled.

GROW SPROUTS

While your kefir grains are having a rest, your Kefir fermenter is waiting for new adventures. You may grow your own sprouts. They are packed with nutrients and vitamins and can be used in salads, sandwiches or snacks.



SPROUTING WITH KEFIR FERMENTER

1. Soak the seeds (about 2 tbsp) in water in the Kefir fermenter for an appropriate time (6-12 hrs). Follow the instructions of the sprouting seeds.
2. Strain the water out and turn the fermenter upside down. Leave the top lid slightly open to enable airflow.
3. Leave at room temperature away from heat sources. Depending on the seeds, sprouts will start to grow in a day or two.
4. Rinse the sprouts every day with fresh water and strain them well. It usually takes 4-6 days to grow sprouts.