

Homemade Milk Kefir (and Coconut Kefir)

From www.bodyecology.com

1. Into a container (preferably glass with an airtight lid), mix entire foil package of room temperature kefir and one quart of milk or young coconut water (in the refrigerated section at Sprouts) that has been heated to skin temperature (about 92 degrees).

IMPORTANT If using goat's milk, use two cups milk and entire package of starter for the initial batch. After that you may make as much as you want depending on how much liquid is transferred from the previous batch ([transfer ratios listed below](#)).

2. Whisk and stir well. Put the lid on the container.

3. It is important to ferment at 72-75 F for 18 to 24 hours. It will thicken (slightly clumpy) and have a distinct sour aroma.

4. Once thickened, shake or stir vigorously and refrigerate. Kefir still ferments in the refrigerator, but the process is slower

Transfer Instructions (Best to make transfers within 3 days)

Before you finish drinking your initial batch begin the second by taking out some (see below for ratio) of the initial batch and combining with freshly warmed milk. You may repeat this approximately seven times before you will need another foil packet. Body Ecology's unique kefir starter contains strong, viable lactobacillus bacteria and two strains of beneficial yeast that are unusually hardy, making the transfer process possible. This is only found with our starters.

Make transfers using the following proportions:

1 quart use 6 tablespoons of previous batch

1/2 gallon use 2/3 cup of previous batch

1 gallon use 1 cup of previous batch

***these transfer ratios also apply to goat's milk & coconut water**

Do not add more than recommended amounts of previous batch. This will result in a taste more sour than you may prefer.

Making Kefir Cheese

1. Make Kefir as instructed, but let the freshly made kefir remain at room temperature for several hours longer. The curds (milk protein) will separate from the whey.

2. Line a strainer with cheesecloth. Place strainer over bowl and pour the curds and whey mixture through the strainer. The strainer will catch the "cheese" or curds and the whey will go into the bowl. Place the strainer and bowl into your refrigerator and let it drain for several more hours. Store in a covered container for up to 5 days.

WARNING Once Kefir is placed into the refrigerator and cooled, the fermentation process is inhibited. You CANNOT then bring it back out to room temperature to turn into cheese.

Uses for Kefir Cheese

This cheese is excellent tossed into salads. It is also delicious flavored (e.g. chopped onions, garlic, sea salt, fresh herbs) and served with an assortment of raw vegetables.

Uses for Whey

Body Ecology recommends soaking all your grains before cooking them. This makes them more digestible and releases the phytic acid. Several tablespoons of the micro flora-rich whey can be added to your soaking water

In Europe whey is sold as a delicious beverage. Try sweetening it with Body Ecology's Liquid Stevia Concentrate, flavored with non-alcoholic flavorings, or fresh lemon or lime juice.

Young Coconut Kefir is a discovery unique to Body Ecology. It has quickly become one of our favorite medicinal drinks! Young Coconut Kefir is an important probiotic, alkalizing and mineral-rich fermented food. In fact, you'll soon find that with its abundance of exceptionally powerful and beneficial micro flora. It will help you establish your inner ecosystem.

Nutritional Benefits of Young Coconut Kefir

Stops cravings for sugar, aids in the digestion of all foods, while toning and cleansing the intestines and the liver, eases aches and joint pains, clears up skin problems like brown liver spots, skin tags, moles, etc., improves vision, makes hair and nails healthier because of its high mineral content (potassium, natural sodium, calcium and magnesium), and cleanses the endocrine system (adrenals, thyroid, pituitary, ovaries).

Equipment:

Young coconut water (purchased at Sprouts), Body Ecology's Kefir Starter, Essential Duo or Veggie Culture Starter

Preparation:

1. Warm coconut water to 92 F either outdoors (in Arizona!!) or on the stove. Micro flora prefer this temperature, so pour the coconut water into a saucepan and heat carefully. Use a cooking thermometer if desired to check the temperature or wash your hands well and dip your finger into the coconut water to test for the right temperature. At 92 F, you won't feel either hot or cold. It should be around the same temperature as an infant's formula, just below body temperature.

BE CAREFUL NOT TO OVERHEAT Above 100 degrees much of the enzymes and vitamins are destroyed, and at this temperature the micro flora will also die.

2. Add 1 foil pack of B.E. Kefir, Essential Duo or Veggie Culture Starter. Kefir contains Lactobacillus and beneficial yeast. Essential Duo contains L. acidophilus and Bifidobacterium longum (BB536). Veggie Culture contains L. plantarum. Each of these formulas provides important beneficial bacteria.

3. Pour coconut water with starter into a clean (sani-wash in the dishwasher) quart glass container with tight fitting lid. Use 1 ½ cans to fill a 1 quart jar.

4. Put lid onto the glass container and shake vigorously.

5. Ferment at 70 F - 75 F for 36 hours. Insulate if necessary to maintain this temperature

Note: Coconut water kefir does not thicken like milk kefir. It is ready when it becomes cloudy and an effervescent layer forms on the top. The taste is slightly tart and tangy, while some of the original sweetness remains.