

The Mavis Institute

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Water Kefir

Kefir

What is water kefir?

In kefir grains, there are Tibicos, which are a symbiotic culture of bacteria and yeast held in a polysaccharide biofilm matrix created by the bacteria.

Tibicos can do this in many different sugary liquids, feeding off the sugar to produce lactic acid, alcohol and carbon dioxide gas, which carbonates the drink.



It has numerous organisms that repopulate the gut to improve digestion and boost immunity.

Ingredients

- 2 Tablespoons hydrated water kefir grains
- ¼ cup sugar - organic preferred*
- 1 pinch of sea salt
- 1 quart of chlorine free water *

Equipment

- Glass Jar
- Mesh strainer or cheesecloth
- Coffee Filter / Cloth and Rubber Band
- or Fermentation Cap
- Spoon, measuring cup and funnel
- Bottles or jars for finished kefir

Material Check List



Directions

Add ¼ cup of sugar to the jar.

Add water to the jar.

Stir thoroughly to dissolve the sugar.

Add 2 TB of kefir grains to the sweetened water.

Cover with a cloth cover or Fermentation Cap.

Let sit for 24-48 hours - no longer than 72 hours or the grains will begin to disintegrate.

“ The water kefir recipe will produce a slightly fizzy beverage with a pleasantly sweet taste. Once it has the flavor you prefer best, then strain the kefir through a strainer or cheesecloth to recapture the grains. If you prefer a tangier brew, do a second ferment of the water kefir in the bottle to yield a deeper flavor. After you remove the grains, add flavors for a second fermentation or drink straight. “

LONG TERM STORAGE

1-7 days: Place the grains in a glass and cover with water. Store in the refrigerator.

7-14 days: Place the grains in a glass. Leave them dry (no liquid) with 1/8 tsp molasses. Store in the refrigerator.

14+ days: Lay kefir grains out on a cookie sheet or dehydrator sheet. Dehydrate at 98-105F until dry. Store dehydrated grains in freezer safe bag in the freezer or in a dry, cool location out of direct sunlight.

➤ Grains do not need to be rinsed between uses. If rinsing is desired, do so in filtered water.

➤ Grains do not always reproduce every batch but may be used again and again.

If left longer than 72 hours, grains are at risk for starvation and may disappear.

➤ The correct temperature range for fermenting water kefir is 68-78°F (20-26°C) with the ideal temperature being 75°F (24°C). Warmer temps result in faster fermentation whereas cooler temps will slow it down.

➤ If you notice the kefir is ready before 24 hours, add more sugar solution to the next batch, shorten the fermentation cycle or reduce the amount of grains to 2 Tablespoons per quart.

➤ If grains fail to reproduce, they may need additional nutrition - add 1 of the optional additions listed in the water kefir recipe above.

➤ Grains can get slimy or change shape if too many minerals are used. If you notice this, use white sugar or remove any additions to prevent them from dissolving.



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