

Kefirko

Delicious Kefir Dishes



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Mrs Urška Fartelj. A popular Slovene food blogger and keen advocate of homemade and locally produced food agreed to try out making kefir on her own and to share with us her experiences, recipes and useful tips.

Readers can follow her blog at:
www.220stopinjposevno.com

A SIMPLE PROBIOTIC DRINK FOR CHILDREN



INGREDIENTS:

- 1 dcl homemade kefir
- 1 tsp honey or 1/2 ripe banana
- fruit
- spices according to taste (vanilla, cinnamon, Christmas spice mix)

Add any fruit that the children like, add the ripe banana and/or spices; blend. Serve the probiotic drink to the children the moment it is prepared – in this way it will contain the highest levels of nutrients, probiotics and vitamins. If you store the drink in a sealed glass in the refrigerator, it will still make an excellent snack in a few hours or even on the next day. A second fermentation will take place while your drink is stored in the refrigerator for about 24 hrs. Your kefir will become even tastier and contain more vitamin B and folic acid. Also, calcium and magnesium compounds in kefir will transform, become easily digested and the body will benefit fully from these as well as from other nutrients. We advise you not to store your kefir with fruits for more than 24 hours, since a third fermentation might occur and turn the fruit sugars into alcohol. If you want to prepare a whole week's supply of probiotic drinks, we advise you to store only kefir in sealed glasses and add fruits and "sweeteners" as you go.

COCONUT KEFIR SMOOTHIE WITH STRAWBERRIES AND BANANA



INGREDIENTS:

- 2 dcl coconut milk kefir
- handful of strawberries (or any other fruit)
- 1/2 ripe banana to replace sugar (or any other sweeteners)

Add fruit to coconut kefir and process with a (hand) blender.

It tastes best when freshly prepared, but can also be stored in refrigerator for up to 1 day. If kept in the refrigerator for over than 1 day, the fruit will start to lose its nutritional value. Without heat processing, the fruit will ferment into alcohol.

CHAMPAGNE FOR CHILDREN



INGREDIENTS:

- 8 dcl water
- 6–8 tbsp water kefir grains (tibicos)
- 4 cubes crystallized stem ginger
- 1 twig of mint
- elderflower syrup

Put rinsed water kefir grains, crystallized stem ginger and mint into a glass jar. Add cold water. Seal the jar well and leave it on the kitchen counter, away from direct sunlight for 1–2 days. The fermentation time and intensity depend on the amount of sugar and temperature. In the meantime, shake the container several times, but do not open it. After 1–2 days, pour your soda through a plastic sieve into a glass bottle. Add elderflower syrup and seal the bottle right away. Keep the bottle in the refrigerator. Rinse the water kefir grains under cold running water to remove fruit and other remains. Decorate with fresh raspberries and mint before serving.

FIZZY ORANGEADE

INGREDIENTS:

- 6–8 tbsp water kefir grains (tibicos)
- 4 dcl orange juice + 4 dcl water;
another option: 8 dcl cold water
- 4 cubes crystallized stem ginger or
- 6 candied orange peels
- 1 twig of mint



Freshly squeezed orange juice should be mixed with an equal amount of water; otherwise it will ferment into alcohol. If you use orange nectar (either store-bought or homemade), no additional sugar is needed to feed the bacteria. Also, you do not need to dilute the nectar with water, since it will not ferment into alcohol. If you have no oranges, plain water may be used. Use a glass jar that can be sealed airtight. First, you need something sugary to feed the bacteria: candied peels, crystallized stem ginger, sugar, etc. Add mint for freshness. Add water kefir grains, fill with cold water and seal the jar. Leave it on the kitchen counter for 1–2 days, keeping it away from direct sunlight. During this time, shake the container frequently, but do not open it. When the beverage is fizzy enough, pour it into a glass bottle through a sieve. If the beverage was made with water, add juice, and seal it right away. Keep it in the refrigerator and serve cold. If the beverage was made with juice, just sieve it and seal it right away. Rinse the water kefir grains under cold running water to remove fruit and other remains. The grains are now ready to be used again. The fizziness depends on how active the bacteria are – and this depends on the sugar content and fermentation time.

Warning: You should use a high-quality pressure resistant glass jar to avoid cracking and breakage.

NATURAL FLAVOURED PROBIOTIC SODA



INGREDIENTS:

- 4 tbsp water kefir grains (tibicos)
- 8–10 dcl cold water (other options: fruit/vegetable juice, syrup, coconut water, etc.)
- sugar (you can also use dates, candied ginger stem or candied citrus peels, fruit juices, syrups, etc., instead)



Fermentation time: 1–2 days
Use a glass jar that can be sealed airtight.

Rinse the water kefir grains thoroughly under cold running water and put them into the jar. Add something sugary to feed the bacteria: either 2 tbsp sugar or 5 dates or 6 cubes crystallized stem ginger or 0.5 dcl fruit syrup, etc. The more sugar you use, the fizzier your soda will be. Add any other desired flavouring (like mint, for example). Fresh fruit, vegetables or flavouring should always be completely covered with water; otherwise they will begin to decay. Seal the jar well and leave it on the kitchen counter, away from direct sunlight for 1–2 days. The fermentation time and intensity depend on the amount of sugar and temperature. In the meantime, shake the container several times, but do not open it.

Warning: The jar might crack and/or break because of the CO² if you leave it for too long, expose it to direct sunlight or add too much sugar.

After 1–2 days, pour your soda through a plastic sieve. With your hands clean, remove all the fruit, vegetable, etc., remains from the water kefir grains. Pour the soda into a clean glass bottle, seal it and keep it in the refrigerator. Use within 3–4 days.



HOMEMADE CURD CHEESE



INGREDIENTS:

- 1.5 l full-fat milk
- 2 cups kefir

Heat the milk to about 60°C, add kefir. The milk should not be too warm, or the bacteria will die and the fermentation process will be finished. Stir gently – neither too fast nor too vigorous – or the curds will disintegrate and the cheese will become grainy. Wait for about 10 minutes for the milk to separate into curds and whey. Cover the saucepan with a clean cloth and put it on the kitchen counter, away from direct sunlight, for the contents to ferment. On the second day, heat the contents to about 60°C again. The whey will become green. Stir gently and leave it to cool down. Line a colander with cheesecloth and put it over a bowl or sink. Pour gently into the colander and wait for about two hours for the whey to drip out (the most of it). Tie up the curds into the cheesecloth and then squeeze the whey out or leave it to drip out completely. Your curd cheese is now ready.

Serving tip: Spread the curd cheese on wholemeal bread with seeds, add slices of pear, top with honey.



AVOCADO FILLED WITH KEFIR AND EGG

INGREDIENTS:

- 1 avocado
- 2 quail's eggs
- 2 tbsp kefir
- olive oil
- freshly ground black pepper
- salt

With a wooden spoon, scoop the thick upper layer of kefir. Be careful not to scoop the kefir grains at the same time. Halve the avocado and cook it on both sides in a hot pan for about a minute. Fry the quail's eggs in olive oil. According to your taste, use any other type of oil or butter. Fill the avocado halves with thick (or creamy) kefir. Add salt, pepper and a few drops of olive oil.



BREAD WITH CHIVE SPREAD AND DEER SAUSAGE



INGREDIENTS:

- kefir cheese spread
- 2 tbsp chive
- salt
- freshly ground black pepper
- tomato
- spring onion
- 1 clove garlic
- deer sausage

Add minced chive, crushed garlic, salt and freshly ground black pepper to your cheese spread. Mix thoroughly with a fork. Spread on your homemade bread and layer it with spring onion and deer sausage. Store the prepared spread in an airtight glass container. Use within 2 weeks.

HORSERADISH SPREAD ON HOMEMADE RYE BREAD



INGREDIENTS:

- 150 g creamy kefir (left on a sieve for 8 hours)
- homemade bread – wholemeal loaf
- 1 tbsp freshly grated horseradish
- chive
- salt
- freshly ground black pepper

Put a thick plastic sieve or cheesecloth over a bowl and pour in your kefir. Leave it in the refrigerator for at least 8 hours. Its structure will resemble to that of sour cream. Add the grated horseradish, salt and freshly ground black pepper to your kefir and mix. Spread on your homemade bread – wholemeal loaf and sprinkle with minced chive.

30-MINUTE ONION BUNS WITH PUMPKIN SEEDS



INGREDIENTS:

- 500 g wheat flour (or wheat flour in combination with any other type of flour)
- 1/2 cup ground pumpkin seeds
- 2 dcl kefir
- 0.5–0.75 dcl milk
- 20 g fresh yeast
- 1 egg
- 1 tbsp sugar
- 1 tsp salt
- 5 tbsp olive oil
- 2 larger garlic cloves
- 1 big or 2 small spring onions
- 1 egg white for glaze
- 1 tbsp chopped pumpkin seeds for garnish

Sieve the flour into a mixing bowl, make a hole in the flour, and add warm milk, crumbled yeast and sugar. Wait for about 8 minutes for the yeast to start frothing. In the meantime, prepare the garlic and onion. Mince both and fry gently in olive oil for a short time on a slow fire. Stop frying when you can smell the garlic and the onion becomes tender. If you fry the garlic for too long, it will become brown and the buns will taste bitter. Cool down the garlic and onion. When the yeast starts frothing, add the remaining ingredients and knead into soft dough. Add flour or liquid if necessary. The dough must be soft but not sticky. Finally, add the fried garlic and onion and form 12 balls and let them rise for about 15 minutes. If you want your buns to be smooth-crust, roll them between your palms just as soon as you form the last ball. In the meantime, coat the buns with whipped egg white. (If you use a large egg, just take 1 tsp egg white from the egg you put in the dough; otherwise, use 1 extra egg.) Sprinkle with chopped pumpkin seeds. Bake the buns for about 10–15 minutes. If you knock on the buns and they sound hollow, they are done. Cover the freshly baked buns with a cloth and leave them to cool down. This will give your buns a soft crust.



CORN LOAF



INGREDIENTS:

- 150 g corn flour
- 350 g white wheat flour
- 2.5 dcl kefir
- 0.5 dcl milk
- 20 g fresh yeast
- 1 tsp salt
- 1 tsp sugar
- 1–2 tbps olive oil
- cornmeal and millet for garnish

Sieve the flour into a mixing bowl, make a hole in the flour, and add warm (not hot!) milk. Add crumbled yeast and sugar, and wait for about 8 minutes for the yeast to start frothing. Add kefir (room temperature), salt and olive oil. If the kefir is fermented from full-fat milk, almost no additional fat (oil) is needed. Knead the dough until it's smooth and soft. Leave it to rise for about an hour in a warm place. Tip the dough onto a lightly flour dusted surface and knead gently. Wet hands with water and strike the loaf surface. Sprinkle with garnish. Preheat the oven to 220°C and bake the bread for about 40 minutes. If using a baking stone the temperature may be a bit higher; if not, the temperature should be reduced to 200°C for the last 30 minutes.

WHITE SPIRALS WITH PUMPKIN SEED SPRINKLE

INGREDIENTS:

- 600 g white wheat flour
- 1 dcl warm milk
- 2 dcl kefir
- 20 g fresh yeast
- 1 tbsp sugar
- 1 tsp salt
- 1 egg
- 1 dcl creamy kefir or sour cream
- chopped roasted pumpkin seeds



Sieve the flour into a mixing bowl, make a hole in the flour and add warm milk. Milk should not be too warm or it will “kill” the yeast and the dough will not rise enough. Add crumbled yeast and 1 tbsp sugar, and wait for about 8 minutes for the yeast to start frothing. Add all other ingredients (room temperature) and knead into fairly soft dough. When the dough is no longer sticky, cover the mixing bowl and leave the dough to rest in a warm place and rise for about an hour. If the dough is too sticky, add a little more flour. Tip the dough onto a lightly flour dusted surface and knead gently. Divide the dough into 6 balls. With your hands, transform each ball into a roll, about 35 cm long. Twist the roll in the middle and create a spiral from its ends. Line the baking tray with greaseproof paper and place your spirals on it. Cover with a cloth and leave to rise for at least 30 minutes. Whisk the egg and the creamy kefir together and coat the spirals with this mixture, sprinkle them with chopped pumpkin seeds. Preheat the oven to 220°C and bake the spirals for 15–20 minutes. If you knock on the spirals and they sound hollow, they are done.

PUMPKIN SOUP



INGREDIENTS:

- 500 g pumpkin
- 1 sweet potato
- 1/2 cooked beetroot
- nutmeg
- salt
- freshly ground black pepper
- roasted pumpkin seeds
- creamy kefir (left on a sieve for 8 hours)
- chilli oil
- pumpkin seed oil



In a saucepan, fry the pumpkin and the sweet potato gently; add beetroot, spices and water. Cook until the pumpkin becomes tender. Blend to a fine purée. Before serving, add the creamy kefir to each soup plate. Sprinkle with chopped roasted pumpkin seeds and drizzle over a few drops of pumpkin seed oil.

COOKED BEEF WITH HORSERADISH SAUCE



INGREDIENTS:

- 150 g creamy kefir (left on a sieve for at least 6 hours)
- 3 tbsp grated horseradish
- freshly ground black pepper
- pinch of salt
- pinch of sugar

Add finely grated horseradish to the creamy kefir, add spices and mix. This sauce goes well with cooked beef, but can also be used as a spread on rye or white bread, in a ham or prosciutto sandwich, as a pizza topping, etc.

ROAST CHICKEN WITH A SPICY FRESH KEFIR DIP



DIP INGREDIENTS:

- 3 dcl homemade kefir
- freshly ground chilli
- freshly ground black pepper
- pinch of salt
- 1 tsp minced chive

ROAST CHICKEN INGREDIENTS:

- 1 small whole chicken
- salt
- freshly ground black pepper
- 1 tsp ground red pepper
- olive oil
- Herbes de Provence
- 1 tsp ketchup

Wash the chicken under cold running water, dry thoroughly with paper towel and season it. Pour some olive oil into your hands. Rub them together and then rub the oil and seasoning all over the chicken. Use a roasting pan with a grid, and roast for at least an hour. Turn the chicken over when it's brown to get the juices from the breast into other parts. When roasted on the grid, the skin will be crispy and the chicken will be cooked evenly. Prepare your spicy kefir dip with at least 3 dcl fresh kefir, fermented for at least 18–20 hours. Make sure that there is sufficient airflow during the fermentation to avoid the acid taste and fizziness of kefir. Put a thick plastic sieve or cheesecloth over a bowl and pour in your kefir. Leave it in the refrigerator for at least 3 hours for the whey to separate, leaving the kefir creamy. The longer the kefir is left on the sieve, the creamier it will become. After about 12 hours the kefir will start resembling a cheese spread. When the desired thickness of kefir is achieved, simply put the kefir in the serving bowl and add spices.



CUCUMBER SALAD WITH CREAMY KEFIR



INGREDIENTS:

- 2 cups creamy kefir, left on a sieve for 5 hours for the whey to separate
- 1–2 cucumbers
- 1–2 garlic cloves
- 1 small spring onion
- salt
- freshly ground black pepper
- 1 tsp ground sweet red pepper
- pinch of black cumin

Wash the cucumbers, peel if necessary, and then slice. Mince garlic and onion, add spices and mix with the creamy kefir. Pour the mixture over the sliced cucumbers and mix.

Leave the salad in the refrigerator for at least 30 minutes – it is best served cold.

SALAD WITH MILDLY HOT KEFIR DRESSING



INGREDIENTS:

- 3–4 tbsp thick homemade kefir
- 5 quail's eggs
- lamb's lettuce
- 5–7 radishes
- chive
- salt
- freshly ground black pepper
- balsamic vinegar
- freshly ground chilli (or: 2–3 drops chilli oil)

In a bowl, mix minced chive, freshly ground chilli and salt. Hardboil the quail's eggs (boil them at least 5 minutes), then peel and slice them. Wash the radishes and cut them into thin rings. Dress the salad, mix and serve.

KEFIR PANCAKES

3 DELICIOUS IDEAS



PANCAKE MIXTURE INGREDIENTS:

- 3–4 eggs
- 0.5 l kefir
- 200–250 g flour
- 4 tbsp (brown) sugar
- pinch of salt
- vanilla powder or seeds from one vanilla pod

FILLING INGREDIENTS:

- about 250 g creamy kefir (left on a sieve for about 20 hours)
- 1 yolk
- 1/2 grated lemon rind
- pinch of vanilla powder
- 2 tbsp brown sugar

OTHER SUGGESTED INGREDIENTS:

- Nutella
- hazelnuts, walnuts, almonds, coconut flour
- roasted coconut chips
- various berries
- homemade strawberry jam
- pear jam with ginger and coconut
- non-stick cooking spray for the pan

Add the filling ingredients to the creamy kefir and mix. With a hand mixer, prepare the pancake mix and leave it to rest for about 15 minutes. Add some milk, if the mix is too thick. Spray the pan and cook the pancakes on both sides. Put about 2 heaped tbsp of filling on each pancake and roll. Transfer the rolled pancakes into a sprayed backing pan. Spread the rest of the filling over the pancakes. Preheat the oven to 200°C. Bake for about 20 minutes. Sprinkle with roasted coconut chips. For the filling, you can combine Nutella and coconut flour, or Nutella and ground hazelnuts. Pancakes can also be layered with fruit. If you add some more flour for the pancake mix to become thicker, you can prepare “lollipop pancakes”. Pour the pancake mix into the pan, insert a wooden toothpick from the side and cook on both sides.



TRIFLE WITH CREAMY KEFIR, MUESLI AND FRUIT



INGREDIENTS:

- 1/2 cup creamy kefir
- 1/2 cup muesli of your choice
- 1/2 cup fruit of your choice
- optional: 1 tbsp honey, or aloe vera syrup, or maple syrup, etc.

Put a thick plastic sieve over a bowl and pour in your kefir. Leave it in the refrigerator for 3–4 hours for the whey to separate, leaving your kefir thick and creamy. Put alternate layers of kefir, muesli and fruit, in a cup. If you want, you can sprinkle some sugar on top of your trifle.

PROBIOTIC SHAKE WITH NUTELLA, KEFIR AND STRAWBERRIES

INGREDIENTS:

- 1 cup kefir
- 1 heaped tbsp Nutella
- 5 strawberries
- mint for garnish
- almond slices for garnish



Process with a (hand) blender, serve and drink.

CREAMY KEFIR SPREAD WITH CINNAMON AND BANANA

INGREDIENTS:

- 100 g creamy kefir, left on a sieve for 6–8 hours
- 1 banana
- 1 bar of quality chocolate
- homemade rye bread or homemade brown and rye flour bread



Spread the creamy kefir on slices of bread, sprinkle with ground chocolate and garnish with banana slices. Serve with a chocolate kefir drink.

FRUITY PROBIOTIC ICE LOLLIES



INGREDIENTS:

- 2 dcl homemade kefir (from dairy or non-dairy milk)
- 1 tbsp honey (or any other sweetener, including fruit syrups)
- fruit of your choice
- flakes of your choice
- vanilla powder or any other spices you like
- chocolate, Nutella

Mix kefir with honey, add fruit and purée the mixture. If you use bananas, you need (almost) no honey or other sweeteners. Fill the ice lolly moulds with a mixture according to your taste:

- *fruit puréed in kefir,*
- *kefir and pieces of fruit,*
- *flakes, etc.*

If you like your ice lollies creamy, use creamy kefir (left on a sieve for a few hours for the whey to separate). Freeze the ice lollies.

MANGO PANNA COTTA WITH RASPBERRIES

INGREDIENTS:

- 250 ml cream
- 1–2 tbsp sugar
- 2 dcl kefir
- 1 pinch vanilla powder or seeds from 1 vanilla pod
- 3 gelatine leaves
- 1 mango
- 1 basketful of raspberries
- 1 tbsp icing sugar
- fresh mint



Soften the gelatine leaves in cold water for about 5 minutes. Meanwhile, warm through the cream and sugar in a saucepan. Do not boil the cream. Remove the saucepan from the heat. Purée the mango through a sieve into kefir. Mix until it resembles a smoothie. Squeeze excess water from the gelatine leaves and whisk them into warm cream. While the mixture is still warm, mix it into the mango kefir “smoothie”. Whisk the mixture well, leaving no lumps. Pour into moulds while still warm. Place in the refrigerator to set firm. Mash half the raspberries with a fork and add icing sugar. Pour over the chilled panna cotta. Use the rest raspberries for decoration. Never cook kefir (or yoghurt) with cream, because it will turn sour and lumpy.

Serving tip: To serve, dip in warm water to loosen the panna cotta from the moulds. The panna cotta will then easily slip from the mould.

CAKES WITH APPLES AND CURD CHEESE



DOUGH INGREDIENTS:

- 500 g white wheat flour
- 20 g fresh yeast
- 100 g melted butter
- 80 g sugar
- 2 dcl kefir
- 1 dcl milk
- 2 yolks
- 1 tbsp rum
- pinch of salt



FILLING INGREDIENTS:

- 500 g creamy kefir (left on a sieve for about 20 minutes) or kefir curd cheese
- 1 yolk
- 2 tbsp semolina
- 2–3 tbsp sugar
- vanilla powder or seeds from one vanilla pod
- 10 g rum-flavoured sugar
- lemon rind
- 2–3 apples
- 1 tsp cinnamon
- 2–3 tbsp brown sugar
- 1 egg white for glaze
- sugar for topping



Sieve the flour into a mixing bowl and warm 1 dcl milk. Milk should not be too warm or it will “kill” the yeast and the dough will not rise enough. Make a hole in the flour, add warm milk and crumbled yeast. Add some sugar and wait for about 8 minutes for the yeast to start frothing. Add all other ingredients and knead the dough. Roll the dough out into a 95 × 30 rectangle, 0.5cm thick. Mix the filling ingredients thoroughly and cover the dough with the filling. Coarsely grate the apples, add sugar and cinnamon, and gently cook the apples in a small frying pan for about 5 minutes. When the apples cool down, spread them over the curd cheese. Roll the dough lengthwise and cut the roll into small cakes. Whip the egg white with a fork and then coat the cakes. Pre-heat the oven to 180°C and bake for 40–50 minutes. Cover the cakes with a cloth and leave them to cool down. Top the cakes with icing sugar.



CHOCOLATE MUFFINS WITH APPLE



INGREDIENTS:

- 1 cup sugar
- 2 cups wheat flour
- 1 tbsp quality cocoa
- 1 heaped tbsp Nutella
- 1 cup kefir
- 1/2 cup oil
- 12 g backing powder
- 1/2 tsp vanilla powder or seeds from 1 vanilla pod
- 2 eggs
- 1 apple
- 1 tbsp brown sugar

Mix the ingredients until you get a smooth batter. Fill the muffin cups with batter. Cut the apple into slices and garnish the batter by sticking one end of the slice into it. Sprinkle the apple slices with brown sugar – it will caramelise slightly while in the oven. Bake the muffins at 180°C for about 20 minutes.

APPLE LEAVES

INGREDIENTS:

- 1 sheet ready-rolled puff pastry
- 250 g creamy kefir (left on a sieve for 20 hours)
- 3 apples
- 1 tsp cinnamon
- vanilla powder or seeds from one vanilla pod
- 3 tbsp brown sugar
- 1 yolk
- 1/2 lemon
- icing sugar

Leave your freshly made kefir on a sieve for about 20 hours for the whey to separate and for the kefir to become creamy. Add 2 tbsp sugar, cinnamon, yolk and vanilla to the creamy kefir. Mix gently with a spoon until the mixture becomes smooth. Roll out the puff pastry, prick the pastry with a fork, add the filling and garnish with thin apple slices. Drizzle the apple slices with lemon juice to avoid discolouration. Sprinkle the apple slices with 1 tbsp brown sugar. Bake for about 20 minutes at 220°C. Dust with icing sugar.



BAKED PORRIDGE WITH APPLES



INGREDIENTS:

- 1 cup buckwheat grain
- 1/2 cup millet grain
- 1/2 cup ground hazelnuts
- 2–3 apples
- 3–4 tbsp brown sugar
- 3 dcl kefir
- milk
- pinch of salt
- cinnamon
- vanilla powder or seeds from one vanilla pod
- crème fraîche (or creamy kefir)
- icing sugar
- cinnamon
- non-stick cooking spray

Grease the baking pan with non-stick cooking spray. Put the grain into the baking pan and layer with grated apples. Add sugar, spices, salt, kefir and milk. Use just enough milk to cover the apples. Sprinkle with ground hazelnuts. Using a spoon, dip the hazelnuts in milk. If necessary, add some more milk to cover the hazelnuts. Bake at 180°C for about 45–60 minutes. Let the baked porridge cool down, cut into squares and serve with crème fraîche (mixed with icing sugar). Dust with cinnamon.

ZLEJVANKA (FLAT CAKE) WITH APPLES AND RASPBERRIES

INGREDIENTS:

- 4 eggs
- 4 tbsp sugar
- 4 heaped tbsp flour
- 10 g rum-flavoured sugar
- 1/2 tsp vanilla powder
- 1 lemon rind
- 2 dcl homemade kefir
- 1 tbsp brown sugar
- cinnamon
- 1 apple
- 1 cup raspberries
- icing sugar
- fresh mint



Separate the egg yolk from the whites. Whisk the egg yolks and sugar together until fluffy. Add flour, spices and 1/4 of whisked egg whites. Whisk at the lowest speed. Mix in the rest of the whisked egg whites by hand to keep the batter fluffy. Line the baking tray (round, about 21 cm diameter) with greaseproof paper and pour in the batter. Dust with cinnamon. Bake at 180°C for about 40–50 minutes. While in the oven, the batter will rise significantly, but will sink when removed from the oven. Leave it to cool down, then dust with icing sugar and decorate with fresh raspberries and mint. Serve with homemade fizzy orangeade.

POSOLANKA (FRESH CURD CHEESE CAKE) WITH PLUMS AND WALNUTS



DOUGH INGREDIENTS:

- 600 g flour
- 20 g fresh yeast
- 1 dcl milk
- 2 dcl kefir
- 2 tbsp sunflower oil
- 1–2 tbsp sugar
- pinch of salt

CURD CHEESE FILLING INGREDIENTS:

- 500 g homemade kefir curd cheese
- 2 tbsp semolina
- 2–3 tbsp sugar
- vanilla powder or seeds from one vanilla pod
- 1 egg

SPREAD AND TOPPING INGREDIENTS:

- 2 tbsp creamy kefir (left on a sieve for 5 hours – resembles sour cream)
- 1 egg
- 1 tbsp icing sugar
- plums (fresh or frozen)
- walnuts (a handful of whole and 2 tbsp ground)
- icing sugar
- butter or non-stick cooking spray for the baking pan

Prepare the dough first. Sieve the flour into a mixing bowl, make a hole in the flour and add warm milk. Milk should not be too warm or it will “kill” the yeast and the dough will not rise enough. Add crumbled yeast and 1 tbsp sugar, and wait for about 8 minutes for the yeast to start frothing.

Add all other ingredients (room temperature) and knead into fairly soft dough. When the dough is no longer sticky, cover the mixing bowl and leave the dough to rest in a warm place and rise for about an hour. If the dough is too sticky, add a little more flour. While the dough is rising, prepare the filling. In a bowl, mix thoroughly all ingredients for the filling with a fork. Store in refrigerator. Grease the baking pan with butter or cooking spray. Tip the dough onto a lightly flour dusted surface and knead gently. Oil your hands and stretch out the dough gently – as you would for a pizza. The dough should be about 0.5 cm thick. Spread the filling on the dough. Leave the outer ring of your dough spread-free. Sprinkle the filling with 1–2 tbsp ground walnuts and top with halved plums and walnuts. In a small bowl, whisk thoroughly with a fork 1 egg, icing sugar and the creamy kefir (left on a sieve for about 5–8 hours), which, in consistency, resembles sour cream. Roll the outer ring of your dough towards the middle. Glaze the rims of the dough first; spread the rest over the filling. Pre-heat the oven to 180–200°C and bake for about 45 minutes. Leave it to cool for a while – the filling will thicken. Dust with icing sugar. Cut it the same way you would cut a pizza.



FRUITY PROBIOTIC ICE CREAM FROM COCONUT KEFIR



INGREDIENTS:

- 1 cup frozen strawberries and raspberries
- 1 cup frozen mango
- 1–2 frozen bananas
- approx. 100 g homemade frozen kefir
- 2 cornets

Leave the frozen fruits at room temperature for 5–10 minutes to defrost a bit, but it should not be fully defrosted. Put layers of frozen berries, bananas and frozen kefir into your ice cream maker. The ice cream maker will grate the fruit: from bananas you will get creaminess and sweetness, the kefir will provide the probiotics and the berries will make your ice cream tasty and fresh. This makes an excellent treat for children. If you do not have an ice cream maker, a quality blender will do the job.





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To obtain the freshest milk or water kefir grains from a location near you we recommend using the Kefirhood.com portal. The portal follows the “sharing is caring” principle and enables you to search for other lovers of health cultures. In this way, you will always get the best and the healthiest grains in the shortest time possible.



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