

## WATER KEFIR STARTER GRAINS ACTIVATION AND BREWING INSTRUCTIONS

### Introduction

Water Kefir grains create a lacto-fermented carbonated beverage that tastes sour/tangy and sweet. Water kefir is incredibly easy to make and is a superb vegan alternative to milk kefir. Before you start brewing you will need to activate your grains. You may find it helpful to scan the QR code to download our app for easy access to video guides and more.



### Activation

Activation time 3-10 days

preparation time 10-15 mins

#### What you will need

- One sachet of dehydrated Water kefir grains (included)
- Chlorine and Fluoride free water (bottled spring water or boiled and cooled tap water if your tap water is fluoride free)
- Cane sugar (avoid coconut or maple syrup)
- Glass jar of a suitable size (at least 1l)
- Piece of tight weave cloth/kitchen paper or coffee filter paper and elastic band to secure.
- Non metal Sieve (not a colander)
- Thermometer

### How to prepare your sugar water

- Add 35-40g of sugar to 500ml of water stir vigorously and then leave for 5 Mins. Then Stir the sugar mixture again and keep doing this until all the sugar has dissolved
- If you decide to warm the water slightly to help speed up the dissolving process ensure that the water is cooled to below 20C before adding your grains. This is important as the heat will kill the grains. This is how to make the sugar water required for water kefir. If you need to increase the volume of water you must always increase the amount of sugar too so it would be 70g for 1L of water, 140g for 2L and so on.

### What now?

To activate your grains make up a 500ml batch of sugar water (as above) in a glass jar. Empty the entire contents of the sachet into the jar and then cover with your cloth secured with an elastic band.

Leave to culture for 3 days at 20-28C.

After the 3 days separate the grains from the liquid using the sieve and then place them in another 500ml batch of sugar water

.Leave to culture for a further 2-3 days at 20-28C

The grains should now be Plump and translucent.

The warmer the environment the faster the grains will activate. If the grains are not plump at this point repeat the earlier steps until they are. This should happen within 10 days. Do not try to activate at less than 20C as the culture may fail to activate. Your grains are now activated and you can move on to brewing.

## ◆ Brewing Water Kefir ◆

### **What you will need**

- Non Metal Strainer
- Wooden or Plastic Spoon
- 1L or larger glass jar
- Bottles for storage

### **Ingredients**

- 1 Sachet of water kefir grains
- 3 tablespoons organic raisins or any other unsulphured dried fruit (figs, prunes, dates etc) or a pinch of bicarbonate of soda
- ½ Lemon (optional)
- 65-70g of Cane Sugar, Not Stevia or Honey
- 1 thin slice of fresh Ginger (peeled and this is optional)
- 750ml-1L chlorine and fluoride free water (leave boiled tap water overnight to remove the chlorine)

### **How to do it.**

- Make up your solution of sugar water
- Add your (now activated) grains, then add the dried fruit/bicarbonate of soda and other fruits. Then cover with your cloth and secure with an elastic band.
- Leave to culture at 20-28C for 24-48 hours (brew length will vary on personal taste and environmental temperature. The Warmer it is the faster it will brew.
- Once the mixture has cultured remove all the fruit from the brew and discard (or eat!)
- Separate the grains from the liquid using the sieve.
- Place the grains in a new batch of sugar water and repeat the above process every 24-48 hours.
- Once ready the finished water kefir can be stored in suitable fermenting bottles and then either flavoured\* or conditioned. To condition (sometimes known as ripening) the bottled kefir should be left at room temperature for a further 12-24 hours to build up fizz.
- The finished kefir should then be refrigerated for at least 6-12 hours\*\* and then can be consumed.

When working with Kefir Grains, it is important not to introduce competing bacteria to the process. Be sure to wash and rinse your hands well prior to working with the Kefir Grains. Also be sure to thoroughly clean and rinse the container and all utensils that will come in contact with the Kefir Grains. Beware soap and food residue the

dishwasher may have missed. When in doubt, give everything an extra rinse. The brewing vessel can be cleaned with regular soap and hot water (rinse several times very well) or with vinegar. Never use bleach on any item that will come into contact with the Kefir Grains.

Water kefir is remarkably versatile. The basic recipe can be altered slightly to introduce different beneficial herbs or flavors to produce a wide array of beverages. Some people enjoy adding ginger, fresh mint, anise or cardamon. If you wish to flavour your kefir it should be done once the kefir drink is in the bottle NOT while the grains are still present

\* How to flavour kefir instructions can be found on the blog on the website/app

\*\*How to store fermented drinks advice can be found in the information and advice section of the website/app

### Use it or lose it!

. Kefir grains are hungry little things and there is no off switch, Check them often and move them to fresh sugar water every 24-48 hours or you risk super sour kefir, off flavors or very hungry grains. To learn how to store grains when on holiday or how to rest the grains visit the blog on the app/website.

For troubleshooting or help visit the information and advice section of the website where we have a kefir questions section and other helpful articles on our blog plus recipes etc. If you need any assistance contact us we are happy to help

### PLEASE NOTE:

Kefir grains are alive and therefore it is not unusual for the grains to take the first few proper brews to adjust. This may make the kefir a little sweeter than it will be once the grains have adapted. This is not a sign that the kefir is not working it is normal. NEVER USE METAL WITH YOUR BREW OR CULTURES.

Once activated and brewing the grains may start to multiply. This is normal and will keep you with a constant supply of grains. Once the grains start to grow it is important that you keep the grains to sugar water ratio correct otherwise you will have super strong kefir and hungry or dying grains. You should use 3-4 tablespoons of grains per 1L of sugar water (or multiples thereof)

Spare grains can be frozen or dehydrated to store them. Please see the blog on the website for more info.

### But how will I know if its ready?

When you first add the grains to the sugar water the sugar water will be clear, once the kefir is fermented it will be slightly cloudy. The fruit generally rises to the top and it's possible (but not always the case) that you will see froth on the top of the brew. The drink should smell yeasty/vinegary and sour.

Water kefir grains are incredibly easy to use but if you do have any issues or questions then you can check out the website/app where in our information and advice section we have lots of useful stuff. Our kefir questions section generally answers most problems and our blog has lots of handy hints. However if you need us we are here. Drop us an email or give us a call.

In the unlikely event that you have an issue with your culture, please contact us before disposing of any products. All problems can and will be rectified however we will not refund or replace goods that have been thrown away. Simply put the grains in chlorine and fluoride free water and contact us immediately. Use a tight lid on the container or cling film and then pop them in the fridge.

Please note the culture is not for consumption. You consume the drink it ferments.

**info@happykombucha.co.uk**

**01323 410765**



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