



# Water Kefir

The beneficial bacteria and yeasts in kefir are well known to support and strengthen the immune system, enhance digestion and increase wellbeing

## Utensils

- 2 litre (8 cups) glass jar with strong sealing lid
- Stainless steel or nylon sieve
- Large glass jug

## Ingredients

- ½ to 1 cup of Organic Water Kefir Grains also know as traditional Sugary Kefir Grains (SKG)
- 1.5 litre (6 cups) spring water or rain water
- 1/3 to ½ cup organic sugar
- 1 tablespoon of organic, un sulphured, black strap molasses
- 1/8 teaspoon of sodium bicarbonate (pure baking soda)
- 1 large dried organic Turkish fig or 2 small dried figs **or** 2 tablespoons of organic dried sultanas or raisins or a mixture of both
- 1 or 2 slices of organic lemon
- 3 slices of peeled organic ginger
- ¼ teaspoon organic/ free range, ground eggshell

## Making

Add 1.5 litre (6 cups) of water to jar. Do not fill jar more than ¾ full. This is very important as the CO<sub>2</sub> gas produced during fermentation will produce pressure that has the potential to force the lid off the jar with force. In the worse case scenario it may cause the jar to explode!

Then add sugar, molasses and sodium bicarbonate to the jar. Stir well to dissolve. Then add the water kefir grains, dried fruit, lemon slices, ginger and ground eggshell. Stir gently.

Seal jar air tight and let contents stand for 2 days at room temperature. Stir contents in jar after 24 hours and then stir as often as desired.

Using a sieve, strain the contents of the jar over the jug. Remove both the fresh and dried fruit. Then rinse the water kefir grains ready for the next kefir fermentation. The strained, bubbly organic water kefir, is now ready to enjoy.

Simply repeat the process for the next water kefir fermentation.

## Notes

**Jars:** jars with a swing away lid and rubber gasket are ideal and so are mason jars.

**Lemons:** use non-waxed certified organic lemon. Peel and discard zest of non-organic lemon or lemon that has been fumigated or sprayed with pesticide.

**Cane sugar:** use organic brown sugar, raw sugar or non-refined dry sugar such as rapadura, demerara or jaggery.

**Molasses:** organic grape or date molasses can also be used as an alternative.

**Water:** good quality artesian water can also be used.

**Sodium bicarbonate:** use pure baking soda and NOT baking powder that usually contains aluminium.

**Egg shells:** sterilise eggs shells in boiling water, allow to dry and then grind into a fine powder. Fine ground oceanic coral can also be used.

## Holding

Once kefir grains are rinsed they can be put on hold in the fridge for a few weeks if necessary. Use the following method:

Place 1 cup of water and 2 tablespoons of organic sugar in a glass jar, stir well to dissolve.

Add ½ to 1 cup of water kefir grains. Store in the fridge.

### Microflora of Water Kefir Grains

Lactobacilli:	Leuconostoc mesenteroides
Lactobacillus galactose	Pediococcus damnosus
Lactobacillus brevis	Streptococcus lactis
Lactobacillus casei	
Lactobacillus paracasei	Yeasts:
Lactobacillus casei ramos	Saccharomyces cerevisiae
Lactobacillus casei tolerant	Saccharomyces florentinus
Lactobacillus coraciiform torquens	Saccharomyces pretoriensis
Lactobacillus fructose	Candida valida
Lactobacillus hilarities	Candida lambica
Lactobacillus homophobia	Kloeckera apiculata
Lactobacillus plantarum	Hansenula yalbensis
Lactobacillus pseudo plantarum	
Lactobacillus admonishes	

Streptococci/lactococci:

Streptococcus cremoris

Streptococcus faecalis