

Where does it come from?

The origin of kefir is probably in Tibet, later it was discovered in Turkey. They called it Keif which means "well-being after drinking". And that's what kefir gives!

Kefir contains vitamins, minerals, calcium and probiotic cultures (lactic acid bacteria). The latter provide a better functioning digestive system, which is as we know is very important for good health.



The live cultures in kefir also improve lactose digestion in individuals who have difficulties to digest milk and cheese, due to the fermentation process.

Kefir also has an anti-oxidative effect on body cells preventing cell damage.

What is kefir?

Kefir is a fungus that sets in motion a process of fermentation in milk or water. The milk kefir-granules are also known as yogurt plant and the water kefir-granules are also known as tibi-grains.



Milk kefir has a rubbery consistency and looks a bit like tiny cauliflower pieces. The kefir grains multiply in the course of time, then disintegrate, and then form small, new whitish granules.

Because they multiply, you can continue to make kefir once you have some of the granules.

The kefir-grains ferment the milk in anything from 2 to 3 days and make it into a viscous, slightly acidic tasting drink, similar to buttermilk.

Making kefir yourself

Is very simple, inexpensive and is often better than the variant from the store. Pour in about half a liter of milk 2 tbsp kefir grains, close the jar or bottle with cheesecloth and a rubber band around it, It can also be sealed with a lid, look for what works best for you.



Put the kefir at least one day in preferably a dark and warm place. After 24 hours, it will arise as aromatic, creamy milk drink.

After 48 hours, the grains have fully fermented the milk, as a result of which the beverage is virtually lactose free.

The longer you leave the kefir the more intense the flavor, which is not to everyone's taste.



You can sieve the liquid after 24-48 hours, this is the milk kefir, which you can drink directly. Store any remaining portion in the refrigerator.

To keep the kefir granules you can rinse the sieved granules with cold water through a sieve as it can be used for the next portion.

If you are vegan then you can also make kefir with soy or almond milk, this does create a different taste and consistency, or get water kefir instead.

Kefir grains are available in health food stores and at online shops such as eBay.

TIPS:

* Use only plastic or glass sieves/strainers and pots or bottles, no metal or stainless steel. The contact with metal or steel disrupts the kefir culture and the pellets will die off.

* Kefir can be drunk pure or eaten for breakfast with fruit and granola. You can also add fresh herbs such as garlic, use grated ginger or honey and as part of dressings and sauces. Or go for "Liquid Gold" by mixing it with turmeric to make a very beneficial beverage.