

INGREDIENTS



32 oz Jar

Milk Kefir Culture

Pocket Thermometer

YOU WILL NEED:

¼ Gallon of the milk of your choice (pasteurized dairy milk is recommended for best results)

Saucepan



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MILK KEFIR

MAKING KIT



Fermenting Instructions

Plus Tips for Best Results



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PREPARATION

SANITATION

Thoroughly clean equipment with warm water and a small amount of vinegar or soap before first use.

DIRECTIONS

- 1** Pour $\frac{1}{4}$ gallon (32 oz) of milk into a saucepan. Carefully bring the milk to a boil. Use your thermometer to monitor the temperature, which should reach 212°F. The milk needs to be boiled to ensure that any bacteria present is killed so that nothing interferes with the starter culture.
TIP: Be very careful when bringing the milk to a boil. You don't want the milk to boil over, or scorch the bottom of your pan.
- 2** Once the milk has reached a boil, turn off the heat and let the milk cool down until it reaches 76°F, verified with your thermometer. This will take a few minutes, but be patient, as this is crucial to create a safe environment for the starter culture. Don't move on to the next step until you have verified the temperature is within the safe range of 74-76°F.
- 3** Add the entire packet of the kefir starter culture to the cooled milk. Mix thoroughly for at least 3 minutes to evenly distribute the culture. You'll want to make sure you stir by hand, and not with a whisk or mixer, as you don't want to incorporate too much air into the mixture at this time.

- 4** Transfer the mixture to your jar. Cover the jar loosely with the lid, but do not close too tightly, as airflow will aid in the activation process. You can also cover the jar with a cloth cover or coffee filter and rubber band.
- 5** Allow your jar to sit on the counter for about 12-18 hours to allow your kefir to set. You can wrap the jar with a towel or two to help maintain temperature. You'll want to make sure the temperature remains as close to 74-76°F as possible, because the colder the ambient temperature, the longer it will take for your kefir to set.
- 6** After 12-18 hours, check to see if your kefir has set by carefully tilting the jar. If there is still too much liquid present after carefully tilting the jar, let it sit for another couple of hours before checking again. Once the kefir has set, transfer it to the refrigerator before enjoying.
- 7** If you'd like to continue making kefir at home, reserve $\frac{1}{4}$ cup of your finished kefir to make another batch! When you're ready to make more, just replace the packet of starter in step 3 with the reserved $\frac{1}{4}$ cup of kefir. You'll want to make another batch of kefir within 3-4 days of each finished batch, to ensure that there is enough healthy bacteria present.



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