

Mad Millie Kefir Kit



Kefir can be made using milk, soy, coconut water or fruit juice. When using milk, pasteurised full fat or low fat milk is most commonly used with this culture. Unhomogenised milk can also be used if desired. Store your Kefir sachets in the freezer to prolong life.

How to Make Kefir

- Remove all contents from the jar and clean the jar, ball and cloth thoroughly.
- Add 1 L (1 US qt) of milk to the jar, any milk is fine. The higher the fat content, the thicker the kefir will be. Alternatively, use 1 L (1 US qt) of coconut water or fruit juice.
- Add 1 sachet of culture to milk or juice, replace lid and mixing ball and shake to mix the culture through thoroughly.
- Remove metal lid, cut a square piece of cheese cloth, double layered, to cover the top of the jar. Secure with a rubber band. This allows the gas to escape during the acidification process and will protect the kefir from any foreign objects while sitting on the bench. For a fizzy kefir, simply secure and tighten lid without the cheese cloth, while the kefir ferments to prevent the gas from escaping.
- Allow the kefir to sit at room temperature (20–30°C/68–86°F) for 24 hours.

NOTE: In winter you may not be able to keep it at 20–30°C (68–86°F), so just leave your kefir to set for longer. In summer when it is warmer, the kefir may not need as long to set.

- Once the acidification period is complete the kefir will be set if using milk. If using juice, it will not be set but will become less sweet in taste when it is done. Remove cheese cloth, replace lid, and then shake the kefir vigorously, before storing the kefir in the refrigerator.
- Leave your mixing ball in the jar with the kefir and shake your kefir each time before pouring.
- Your kefir will keep in the fridge for around 2 weeks.

How to Make Flavoured Kefir

Flavour your kefir by adding desired flavour directly to the jar of kefir and using the metal mixing ball to help mix in the flavour. Flavour suggestions include:

- Natural vanilla
- Honey
- Maple syrup
- Agave nectar

Reculturing a Batch of Kefir

Your culture is suitable to be recultured at least two further times from the initial batch of kefir you make. The exact number of successful reculturing will depend on the hygiene adopted while making the kefir. For optimal results, we recommend always reculturing within seven days of first making the kefir.

How to Reculture:

- Save 1/4 cup of kefir from the previous batch and add it to 1 L (1 US qt) of fresh milk or juice.
- Cover the jar and allow to sit at room temperature for 24 hours, or until set.

Kefir Cheese

You will need:

- 1 L (1 US qt) milk or soy kefir
- Cheese cloth
- Colander

Kefir cheese has all the health benefits of kefir and can be made very easily by simply straining your cheese through a cheese cloth lined colander.

- When making kefir cheese it is best to use high fat milk, and leave your kefir to acidify for 48 hours to ensure you are getting the thickest result possible to start with.
- After making your kefir, double line your colander with cheese cloth before slowly pouring the contents of your jar through the cheese cloth lined colander to thicken.
- Once kefir stops dripping through the colander (after a few hours), tie the corners of the cheese cloth and hang over your kitchen sink to allow to drain further overnight.
- Once drained to a thick spreadable consistency, put into a bowl and add salt and herbs to taste.

For more recipes and information on kefir visit www.madmillie.com



KIT CONTAINS

- 1 L (1 US qt) Glass Jar with Lid
- Stainless Steel Mixing Ball
- Cheese Cloth
- Kefir Starter Culture
- Instructions

Mad Millie Kefir Nutrition Information*

| Servings per kit: 48 | Serving size: 125 ml | |
|----------------------|----------------------|--------------------|
| | Quantity per serving | Quantity per 100 g |
| Energy (kJ/cal) | 287 / 69 | 230 / 55 |
| Protein (g) | 3.8 | 3 |
| Fat, total (g) | 3.9 | 3.1 |
| - saturates (g) | 2.9 | 2.3 |
| Carbohydrate (g) | 4.8 | 3.8 |
| - sugars | 3.8 | 3 |
| Salt (g) | 0.9 | 0.8 |

*undrained kefir, made with full fat cow's milk, as per the Mad Millie Milk Kefir recipe.

Made in the United Kingdom from imported ingredients.
Poole Hall Industrial Estate, Ellesmere Port, Cheshire, CH68 1ST, UK.

Mad Millie Kefir contains many active bacteria strains:

- Lactococcus lactis subsp. cremoris
- Lactobacillus acidophilus
- Streptococcus thermophilus
- Bifidobacterium species
- Lactococcus lactis subsp. biovar diacetylactis
- Candida colliculosa

Serving suggestion



A delicious drink
bursting with live kefir
cultures. Over one million
per gram (when made
with full fat milk, as per
the Mad Millie recipe)!

NO ARTIFICIAL
FLAVOURS
& PRESERVATIVE FREE

BEGINNERS

LIVE CULTURES
NO ADDED SUGAR

MAKES UP TO
6 LITRES - 6 US QT -
COMES WITH 2 SACHETS, EACH SACHET
CAN CULTURE 1 L (1 US QT) AND CAN BE
RECURTURED UP TO A FURTHER 2 TIMES.
MIX WITH FRESH MILK, SOY, COCONUT
WATER OR JUICE. SHAKE. READY IN
24 HOURS. SIMPLE!



**Kefir is a delicious healthy drink,
containing live kefir culture.**

**This kit can be used with low and full fat
milk, soy, coconut water and fruit
juice. Just add culture, shake and leave for
24 hours. Enjoy straight away on
your favourite cereal, in a smoothie,
flavoured, or just drink on its own!**

This kit contains freeze dried culture. Store in fridge or freezer for optimal life. The cooler you can store it, the better for the culture.

For more recipes and information on Kefir visit:
www.madmillie.com

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