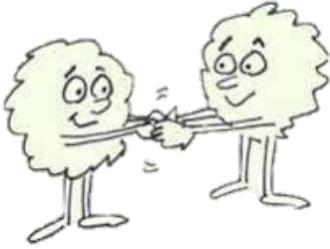


Fermented Food

Kefir

FRIENDLY BUGS



Kefir is a fermented milk drink, typically made using cow, goat or sheep's milk and a yeast/bacteria culture. It has a sour taste, like natural yoghurt.

Ingredients

- Milk
- Kefir Grain
(yeast & bacteria starter culture)



Elie Metchnikoff, a Nobel-prize winning biologist, suggested that bacteria in kefir might counteract the negative effects of gastrointestinal metabolism in 1908.

Equipment

- Clean (non-metallic) vessel, approx. 300mls
- Cloth
- Plastic sieve



For more info check out : @pharmabiotic, @leechfish
#MindYourMicrobes

Background

Kefir is a fermented dairy beverage originating in the Caucasus mountains. Like all fermented foods, the microbiology can vary, but kefir generally contains the bacteria *Lactobacillus*, *Lactococcus* & *Streptococcus*.

Many species of these bacteria are well known probiotics. Kefir is receiving quite a lot of research attention currently, to establish health benefits. It contains minerals (calcium, iron, magnesium), vitamins A, Bs, C, D and E, and essential amino acids.

Procedure

1. Strain kefir grains from a previous ferment (or buy from your local farmers' market)
2. Wash the grains with milk
3. Add milk and grains (about a teaspoon of grain for 250ml of milk); Stir and cover
4. Leave 24-72 hours at room temperature
5. Following fermentation store in fridge
6. Consume within 2 weeks

Serving Suggestion

Kefir can be served with fruit just like natural yoghurt. For the more adventurous, there are many other recipes online for kefir, such as kefir butter.

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