



MAKE IT GRAIN - how to brew the perfect kefir

Water kefir recipe, where to buy ingredients
and other helpful tips



What is Water Kefir?



Water kefir is a fermented beverage teeming with beneficial bacteria. It's a highly versatile and nutritious alternative to commercial soft drinks and juices as it's easily flavoured with various additional ingredients and it's easy to make. Not to mention, it tastes great! But how does it work?

The grains contain beneficial bacteria and yeasts which metabolise the sugar, turning it into various organic acids, beneficial bacteria and enzymes. The grains are small, translucent, gelatinous structures that are composed of assorted bacteria, giving them their characteristic crystalline appearance.

When properly cared for, water kefir grains produce a wonderful probiotic-rich beverage that continues to grow and reproduce indefinitely. And that's your goal for this competition - see how many times your kefir can regenerate to be heavier each time before entries close on **August 31st!**

Check out the competition entry details and T's and C's [here](#).

Kefir ingredients you need and where to buy them

To brew your water kefir, you will need:

- Water Kefir grains - we used **Buchi** kefir grains, which can be ordered online or purchased at most health food stores.
- 8 tbs raw sugar (for the re-hydrating process)
- ½ cup raw sugar (for the brew)
- 2 litres water (do not use reverse osmosis water, your grains need some minerals)
- Tea towel/muslin cloth/cheese cloth
- Rubber band
- A 2L mason jar or empty 2L fruit juice bottle to contain the kefir brew. If these aren't available to you, a large glass kitchen bowl will suffice, but make sure this can be tightly sealed.
- A sieve for straining the grains
- Optional extras - 2 slices lemon, 2 slices fresh ginger



Where can I buy kefir grains from?

Though you won't be able to grab a packet of Water Kefir grains from your local Woolworths or Coles, they are easy enough to find.

Buchi produce and sell premium quality water kefir grains which can be purchased in 100g packets for \$25 per packet. You can order online directly through Buchi by emailing orders@buchi.com.au.

You can purchase find Buchi's water kefir grains from most major health food stores across Australia. [Find your nearest Buchi stockist here.](#)

Recipe - Re-hydrating your grains and brewing

This recipe makes 2 litres of kefir brew - but you can dehydrate your grains over and over again to make fresh kefir brews!



Re-hydrating your Kefir grains

1. Dissolve 4 tbs of raw sugar in 1 litre of warm water, and let this cool.
2. Once sugar water is cool, add your kefir grains.
3. Cover the jar with a cloth, secure tightly with rubber band, and leave for 24 hours until they become lovely and plump.
4. Strain and rinse the grains, then discard the water.
5. Repeat this step to liven up your grains so they are ready for a lovely brew!

Brew process (be sure to re-hydrate your grains before starting this!)

1. Dissolve $\frac{1}{2}$ cup sugar in 500mL of warm water in your mason jar/brew container. Once your sugar has dissolved, add the remaining 1500mL of water to ensure your grains aren't damaged by the heat from the warm water.
2. Add the kefir grains to the water, along with any other extras (lemon, ginger) if you so desire.
3. Cover the jar with your muslin cloth or tea towel, and secure the rubber band around the jar.
4. Allow your Water Kefir to brew at room temperature for around 24-48 hours. This time frame will depend on the climate and the temperature of your home.
5. Taste test at 24 hours, and if it needs longer, monitor over the second day until desired taste is achieved. It should taste a little sweet, tangy and fizzy. Please note, if your Kefir is left for too long, it will start to pickle and the health of your grains will decline, so keep an eye on that!
6. When your Kefir is ready, pour your brew into glass bottles while straining off the grains and any extras you may have added.
7. Wash the Kefir grains under cold water, and voila! You are ready to immediately start another brew by simply beginning the rehydrating process again. **If you keep your grains healthy, they will increase in size each time you rehydrate them!**

Note: if you need a break from brewing or you're going out of town, pop your grains in an airtight glass jar, cover with sugar water, and refrigerate.

The Second Ferment - Create your Flavour Profile!



So you've got your first ferment brew, and it tastes pleasant enough, but you're wondering what else you can do with it. The second ferment is where you can get really creative with your Kefir brew!

When you're bottling your Water Kefir, you can add in more ginger or fresh fruits like berries, for example. The possibilities for your flavour profile are endless - think outside the box and put that experimenting cap on to come up with fresh new flavours!

Once you're done with your additional ingredients, firmly secure the lids on the bottles, then allow the bottles to sit out for another 24 hours to continue fermentation and produce natural carbonation. "Burp" the lids to release any built-up CO₂ (i.e. lift quickly then re-secure lids). Refrigerate, then serve over ice for the ultimate refreshing drink!

[Need a little creative inspiration? Check out some water kefir flavour ideas here to get those creative \(kefir\) juices flowing!](#)