

Converting Milk Kefir Grains into Water Kefir Grains

Top start you may want to divide half of your grains you received from us to keep as milk kefir grains only. These can be frozen until use.

Make sure your milk kefir grains are fully activated by allowing them to ferment 1 cup of milk (whole milk) for 24 hours, then repeating three times in three days adding another cup of milk every 24 hours. After this period, allow the grains to drain, keeping the Kefir to drink if so desired. Then, rinse the grains thoroughly through a 1/32 inch strainer under cool clean water. Use these grains to convert.

Dissolve ¼ cup unrefined cane sugar in 1 quart of water. Add ⅛ teaspoon unrefined sea salt. You may want to add 1/2 tsp. of molasses to add minerals, but this is optional.

Add active milk kefir grains to the sugar-water solution.

Ferment for 4-5 days at room temperature.

Separate the grains from the sugar water and add them to a fresh batch of sugar water (¼ cup sugar in 1 quart of water). Ferment at room temperature for 12-24 hours less than the previous batch that you fermented for 4-5 days.

Repeat above step, shortening the ferment time by 12-24 hours each batch, until the fermentation period is 48 hours or less.

At this point, the grains have been converted into water kefir grains. Though sometimes milk Kefir grains do not want to convert, as they can be a bit finicky.

Making Water Kefir

Note about sugar: *Best to use unrefined sugar or organic sugar since these sugars have more minerals which are important for the health of the grains. If you only have refined white sugar, add a dried fig or a couple pieces of dried fruit like mango or apricot.*

Note about water: *Use water free of chlorine and fluoride. Mineral water is best.*

Note about what to use to ferment your water Kefir in: *Use glass or stainless or plastic. Do no use aluminum.*

Not about temperature: *Your Kefir may take more or less time to ferment based on the ambient room temperature. Higher the temperature (up to 85f) the faster the ferment will be.*

Note about healthy grains: *Water Kefir grains need [minerals](#) (from Trace Mineral Research) to grow and stay healthy. Some information instructs to add sea salt, yet too much salt is not good. I recommend using a liquid mineral concentrate which is a far better value and will last you for many months, if not years. You only need to add 10 drops for one quart (liter) of water to re-mineralize your prior to adding the grains for every batch you make.*

Procedure: Use 3-4 tablespoons of the converted milk Kefir grains in one quart of clean room temperature water. Dissolve ¼ cup organic or unrefined or refined sugar per quart of water. Add a dried fig or any dried fruit to add minerals for the grain's health, though if you're using a non-refined sugar, the mineral content should be ok. Cover with fine cheese cloth or fine mesh material, using rubber band or screw cap to secure the cloth and allow to ferment at 68°-78F° up to 85°F for a few days or until the water Kefir tastes just slightly sour. When you see some bubbles rising to the top upon nudging, your kefir is fermenting. If it tastes very sweet, allow it to ferment for more time. To bottle, pour off the water Kefir, leaving a little of the remaining liquid with all grains behind to make another batch. Bottle what you poured off adding a little sweet fruit juice if you want carbonation, secure the bottle with a cap and place in the refrigerator.

Converted milk Kefir grains cannot be used to make milk Kefir so save some of your grains for milk Kefir

Enjoy, Steve Shapson, thecheesemaker.com