

Coconut Water & Milk Kefir



<20 min prep & Ferment
12-48 hours



4 servings



COCONUT WATER KEFIR

What You Need

- Large 1-2 liter mason jar (for Phase 1)
- 1-liter flip-top glass bottles (for Phase 2)

Water Kefir Base

4 c. water (spring or filtered) or use coconut water

1/2 c. sugar

1/2 – 3/4 c. water kefir grains (hydrated) (get these online or buy a premade bottle in the store and grow them)

Phase 1 Fermentation:

Step 1) Dissolve the sugar in the water (or coconut water). You may need to warm this up a little.

Step 2) Add the water kefir grains to the water mixture and pour into a mason jar. Stop below the shoulder.

Step 3) Fill your airlock and place it on the jar.

Step 4) Ferment 12-48 hours at room temperature.

Step 5) Strain the water kefir grains but DO NOT RINSE. Place these back in your water kefir grain storage.

Step 6) You can drink the water kefir as is or create variations in the Phase 2 fermentation. Transfer to fridge.

Phase 2 Fermentation:

Step 1) Make sure you remove the water kefir grains!

Step 2) Add your fresh fruit or juice to the liquid (see variations below)

Step 3) Pour liquid into a glass flip-top jar. Stop below the shoulder.

Step 4) Seal the jar and ferment at room temperature for 24-48 hours.

Step 5) CAREFULLY let out the gas by opening the lid a tiny crack until the fizz is gone. Transfer to fridge.

Variations:

1 c. lemon juice

1/2 c. lemon & 1/2 c. pineapple juice

1/4 c. berry concentrate like blueberry, raspberry or pomegranate

Add 1-2 Tbsp sliced ginger (stuff it into the bottle)

Add 2-3 tsp of vanilla extract to make cream soda

COCONUT MILK KEFIR

If you like a creamy and yoghurt-like beverage, kefir from coconut milk is a great option. Coconut milk is different from coconut water kefir and provides a richer variety of vitamins, minerals, and fats. This is made with coconut milk grains (or use regular dairy grains if you can tolerate or keep fermenting to break down any casein) instead of water grains so ensure you purchase the correct kind to use as a starter culture.

What You Need

- 2-4 Tbsp of milk kefir grains (get these online or buy a premade bottle in the store and grow them)
- 4 cups coconut milk (or 2 cans organic coconut milk or make your own fresh)
- Large 1-2 litre mason jar

Instructions:

Place the milk kefir grains and the coconut milk in the mason jar.

Cover with a piece of cheesecloth, paper towel or something that allows the mixture to "breathe". Store at room temperature (70-75F) out of direct sunlight for 12-24 hours. You can also store it in your oven or even dehydrator (on low). If your house is colder, then you'll need to maintain a constant low heat to keep it warm. You can do this with a water bottle, heating pad or seed warming pad with a towel wrapped around it. Be careful not to over heat!

Check the drink after 12 hours to see if it is ready. Should have a little sour smell (that's good!). If you like it more fermented, go for 24 hours.

Strain out the kefir grains. Don't rinse or throw them out! Return these to your storage jar and place in the refrigerator.

Store your fermented coconut milk kefir in the refrigerator.

Tips

- The longer you ferment, the less sweet (and more sour) the drink will be.
- Do not use "milk kefir grains" with water kefir. These are meant to breakdown lactose in milk. You can buy both kinds of kefir grains online.
- If you start with milk kefir grains, it will most likely take several batches to adjust to coconut milk as a base. If you are also sensitive to casein, it may be a good idea to offer the first batches to someone else that doesn't have allergies.
- Take good care of your kefir grain "source". These will multiply in your holding jar and after every use you replace the grains into your container. Don't let this container get too cold/hot and keep it out of light.
- Kefir water (and milk) grains can be stored in the refrigerator (although they won't multiply much)