

# How do you pronounce kefir?

Well that depends on who you talk to. Whether it's the popularly used **Ke-feer'**, the American style **Kee'-fur** or the more traditional Middle Easter **Keh'-fur**, there is no right way! So you get to take your pick.

The word kefir is said to stem from the Turkish word **keif**, which loosely translates to "good feeling".



# Eat, drink, and be merry with kefir

The easiest way is to take a shot of the good stuff, but if you're looking for a bit more excitement, kefir's yoghurty, tangy taste means it works a treat in smoothies. Blend up with berries and banana, or even use in place of milk in pancakes for a delightful twist (and then top with more berries and banana!)



Our cows are milked twice a day - you can watch the afternoon milking at 4pm

Plaw Hatch Farm  
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Sharpthorne  
West Sussex  
RH19 4JL

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01342 810201

Our milk is certified organic and biodynamic and we are a member of the Raw Milk Producers Association, setting best practice in raw milk production.



Raw milk may not be suitable for everyone. Pregnant women, the elderly, and those who are immune-compromised should consult a qualified healthcare provider before incorporating raw dairy into their diets.



# PLAW HATCH KEFIR

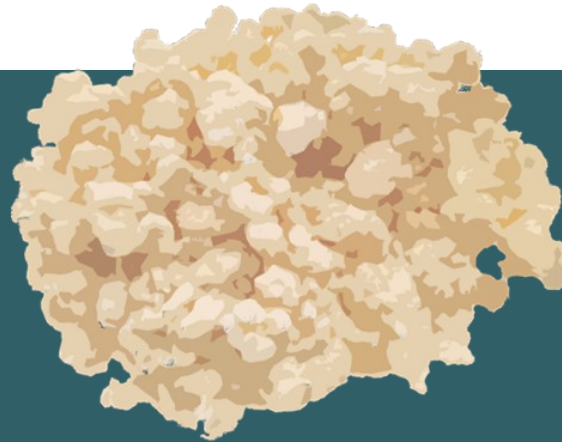


## How is kefir made?

Using milk from our herd of biodynamic MRI cattle, kefir grains are added to ferment the milk by feeding on the lactose. The grains are then strained from the kefir, which is bottled for the shop, and then added to a fresh batch of milk to start the process again!

Kefir's tart, refreshing flavour is similar to unsweetened drinking yoghurt and it is loaded with valuable vitamins and minerals. It contains easily digested, complete proteins and less lactose than milk and so can be suitable for those with lactose intolerance.

Kefir can be made from cow, goat, sheep, coconut or soya milk. Kefir grains cannot survive entirely on vegan milks as they don't contain the lactose needed to feed the grains, so they will need returning to dairy milk every few uses to keep them alive.



## Probiotic profile

Kefir contains over twenty different strains of beneficial bacteria, most of which aren't found in yoghurt or cheese. It also has the added benefit of many yeasts that work in the body by controlling and eliminating pathogenic yeasts (like a tiny intestinal SWAT team).

Bacteria like *Lactobacillus*, *Lactococcus*, *Leuconostoc*, *Pseudomonas*, and *Streptococcus* and yeasts like *Candida*, *Kazachstania*, *Kluveromyces* and *Saccharomyces* are all found in kefir.

In addition, kefir is rich in minerals calcium, magnesium and phosphorus. It contains an easily utilizable source of vitamins including B12, B1, Vitamin K, biotin, and a host of essential amino acids including Tryptophan. Kefir can be incorporated into a healthy diet to help balance the body. Suitable to drink morning and evening, kefir is easily digested by young children and the elderly.

Why not buy some of our grains and try making your own at home? Find them in the farm shop and on our website.

## How to make kefir

- \*One sachet of our grains makes around 250ml. If your grains are fed regularly they will grow and you can make more kefir.
- \*Put grains in a clean jar and add 250ml milk. Biodynamic or organic raw whole milk is best, but they'll work with most fresh dairy milk. Cover with a clean cloth or loose-fitting lid to allow gasses to escape.
- \*Place away from sunlight at room temperature (22°C is ideal). Leave for 24 hours or until it reaches the desired taste. It's ready when a little sour and thick like yoghurt.
- \*Now sieve out the grains and put into a fresh jar of milk to repeat the process. Drink the kefir you have just made or keep it in the fridge to slow down fermentation.

If your grains have been out of milk they may be slow to start. If the first batch doesn't ferment properly after 48hrs, sieve and feed with milk again. Kefir grains are alive and need feeding regularly! Don't freeze, heat or let them dry out. Try shaking the jar a little while fermenting for a stronger, fizzier kefir. If you need to take a break, you can store the grains in a jar of fresh milk in the fridge for up to two weeks. To start them off again follow the steps above.

