



# Water Kefir Soda Brewing Procedure

## Water and Sugar

**Water** – For best results use fresh, clean water. Make sure the water is **chlorine free** or your Kefir Grains can be killed. If you live in a city or town you can use tap water but boil it first to evaporate the chlorine and then let it cool to 24-26°C (75-80°F) before using. Avoid using a microwave oven to boil the water, its best to use a kettle or pot.

Water Kefir grains do not do well in distilled or reverse osmosis water due to the lack of minerals. If you use distilled or RO water add a couple drops of mineral supplement (available at natural food stores) or a pinch of grey sea salt. You can also use clean well water if the iron content is not too high. After a bit of experimentation, you'll discover what works best for you.

**Sugar** – We use organic blonde cane sugar to grow our grains, this results in fast growing, healthy grains and excellent tasting water kefir. A tablespoon of rapadura or sucanat sugar added to the blonde cane sugar is a nice addition. Avoid using bleached white table sugar or honey.

## Equipment

Use clean, dedicated equipment to make your water kefir, this helps to avoid contamination and bad taste. Plastic and glass is preferred but stainless steel also works. Equipment cleaned in the dishwasher works just fine.

## You'll need:

- 2 – funnels 15cm (6") and 10cm (4")
- 2 - measuring cups – 1 & 4 cups.
- 1 – Large wood or plastic spoon
- 2 – large glass bowls
- 1 – fine mesh plastic strainer – I use a 18cm (7") strainer – smaller strainers are handy for when your grains first arrive
- 1 – Tablespoon
- 1 – 500ml (1 pint) glass jar to get started. Other sizes as required as you increase production.
- Bottles and/or jars with tight sealing lid as required. Bottles can be clear or brown.
- Jars for storing extra grains.
- Cloth and rubber bands for lids – We use mesh cloth bags – Lets the cultures breathe, keeps everything else out.
- Optional – stick on thermometer or infrared temperature gun to monitor temp.

You'll likely modify the list as you go but this will get you off to a good start.

## When Your Water Kefir Grains Arrive

Your grains have made the stressful journey from our facility to your home and now it time to rebalance and rejuvenate the cultures. You're going to accomplish this by growing the grains from approximately ¼ cup to 1 cup before moving on to the second fermentation stage. Its best to keep bottles and jars out of direct sunlight.

## OK, So Let's Get Started

In a clean, glass jar dissolve 1 tablespoon of sugar in 1 cup of water 24-26°C (75-80°F) then add your water kefir grains. Cover the jar with a clean thin cloth and hold the cloth in place with a rubber band. Let this ferment in a warm spot 21-26°C (70-80°F) for 48 hours. If your room is colder it will take longer to complete this fermentation stage but don't let it go more than 72 hours. The Kefir Grains need sugar to survive and will starve if left too long. Water that is too hot will also kill the grains.

### **After the first 48 hours,**

Drain the mixture into a plastic strainer and discard the sugar/water mixture. Rinse the grains with non-chlorinated water. You may need to repeat this process 2 or 3 times until your grains grow to  $\frac{1}{2}$  cup. When your grains grow to  $\frac{1}{2}$  cup this tells you your system is working and the grains are growing properly. Your goal is to get to 1 cup of grains.

As the grains continue to grow the recipe formula is 1 tablespoon of sugar in 1 cup of water for each  $\frac{1}{4}$  cup of Water Kefir Grains.

Example: For  $\frac{1}{2}$  cup of grains, dissolve 2 tablespoons of sugar in 2 cups of water then add the grains. For  $\frac{3}{4}$  cup of grains dissolve 3 tablespoons of sugar in 3 cups of water then add the grains and so on. Maintain 48 hours of fermentation in between each step.

### **1 Cup and beyond!**

So now your grains have increased to 1 cup, this is where the fun starts.

### **Basic Water Kefir Recipe – Using Two Stages of Fermentation**

1 cup Water Kefir Grains

$\frac{1}{3}$  cup of Organic sugar

1 Tablespoon Sucanat (Available at any natural food store) **or** 1 teaspoon **unsulfured** molasses

4 cups of water - 24-26°C (75-80°F)

#### **Fermentation Stage 1**

Combine the sugar and water and stir until the sugar is fully dissolved, add the Water Kefir Grains. Cover with a cloth lid and let sit in a warm place 24-26°C (75-80°F) for 48 hours.

After 48 hours pour the mixture through a strainer and **set the grains aside for now plus  $\frac{1}{4}$  cup of the liquid.**

You're going to use this liquid to cover any extra grains you might have.

#### **Fermentation Stage 2**

Pour the liquid in bottles along with fruit juice. My favorites are Orange, Pomegranate, Cranberry, Cherry, Peach and Mango. Ideally the juice is organic. I use Santa Cruz, Happy Planet and Lakewood and they all work great. You can also use fresh made juice. Start with 1 ounce of juice to 1 cup of water kefir and then adjust to your taste. Try experimenting with different juices and unsulfured, **dried** fruits.

Seal the bottles with tight fitting lids and let sit 48-72 hours. Test after 48 hours by **slowly** cracking the lid on the bottle. **Be careful here.** The contents are most likely under pressure and can make quite a mess if you open the bottle too quickly. If your Water Kefir is ready it will fizz up, you can now place the bottles in refrigerator and this will stop the fermentation process. If the Kefir has little or no fizz, add  $\frac{1}{2}$  teaspoon of sugar or if you have room add more juice and then wait another 24 hours.

You can make larger batches by simply multiplying the ingredients and keeping the proportions the same as above.

Now that you've completed your first batch of Water Kefir it's time to start the process all over again using the basic recipe above. Feel free to get creative by adding a bit of dried fruit, crystallized ginger, root beer concentrate or vanilla to the bottle during the 2<sup>nd</sup> fermentation stage.

### **What to do with the extra grains?**

As you progress you'll eventually have extra grains. Put them in a jar along with the  $\frac{1}{4}$  cup of reserved liquid from the first fermentation stage. Cover with cloth lid and seal with a rubber band. Store in the extra grains beside your next batch of Water Kefir. Once you have an extra  $\frac{1}{2}$  cup or so you can increase your batch size accordingly.

Thank You! We wish you much success and health.

Have a question? Please give a shout at [support@water-kefir.ca](mailto:support@water-kefir.ca) we'd love to hear from you!