

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, reverse osmosis or Zero Filtered water due to the lack of minerals. If you use distilled, RO or Zero 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.

We use and recommend the **Santevia Water Filtering System**. The Santevia removes the chlorine and provides mineral rich, alkaline water to grow your grains. No need to boil the water if you have a Santevia filter.

Sugar – We use organic blonde cane sugar to grow our grains, this results in fast growing, healthy grains and excellent tasting water kefir. Rapadura or sucanat sugar added to the blonde cane sugar is an excellent addition. The grains love the molasses in the rapadura and sucanat sugars. 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. 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 or muslin 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 completing two water/sugar cycles before starting fermentation. If you ordered **live grains** please proceed to "**OK, Let's Get Started**".

If you Ordered Dehydrated Grains

Here is the rehydration process if you ordered GoGo Kefir Dehydrated Water Kefir Grains

1. Mix ½ tablespoon of sugar in 1 cup of non-chlorinated, room temperature water. Add Kefir Grains.
2. Let this sit 24 hours.
3. After 24 hours, pour the mixture through a strainer and discard the water.
4. Repeat steps 1-3 one more time using 2 cups of water and 2 tablespoon of sugar.
5. Rinse the rehydrated grains and continue at "**OK Let's Get Started**"

OK, 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. The Kefir Grains need sugar to survive and will starve if left too long. Water that is too hot will kill the grains. On top of your fridge is usually a good spot to ferment.

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. Repeat "OK Let's Get Started" one more time before moving on. After the second 48 hours, you are now ready to proceed with fermentation, this is where the fun starts.

Basic Water Kefir Recipe – Using Two Stage Fermentation

1 Tablespoon of Water Kefir Grains

1 Tablespoon of organic sugar + a pinch of rapadura or sucanat sugar

1 cup of water 24-26°C (75-80°F)

For Fermentation Stage 1 you can use any multiple of this formula depending the quantity of kefir grains you have. Example: 6 tablespoons kefir grains, 6 cups of water and 5 tablespoons of organic cane sugar + 1 tablespoon of rapadura or sucanat sugar.

Fermentation Stage 1

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.
2. After 48 hours pour the mixture through a strainer and set the grains aside **along with** enough liquid to cover any extra grains you might have.
3. Taste the mixture using a straw. (I just dip the straw in about ½ way and place my thumb over the end and then pull it out). The mixture will taste less sweet than when you started. If you want your water Kefir a little on the sweet side, you can proceed to Stage 2 and bottle your water kefir. If you want less sugar, then cover and let it sit an addition 24 hours before proceeding to Stage 2.

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. Some folks enjoy water kefir without any additional juice or other flavors, this is where you can have fun experimenting.

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 ½ teaspoon of sugar or if you have room add more juice and then wait another 24 hours.

Note: If you don't want the fizz (carbonation) refrigerate your kefir as soon as you bottle it.

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 2nd 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 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. Its best to rotate the extra grains in and out of fermentation to keep them healthy. You can also dry and freeze extra grains.

Thank You! We wish you much success and health.

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