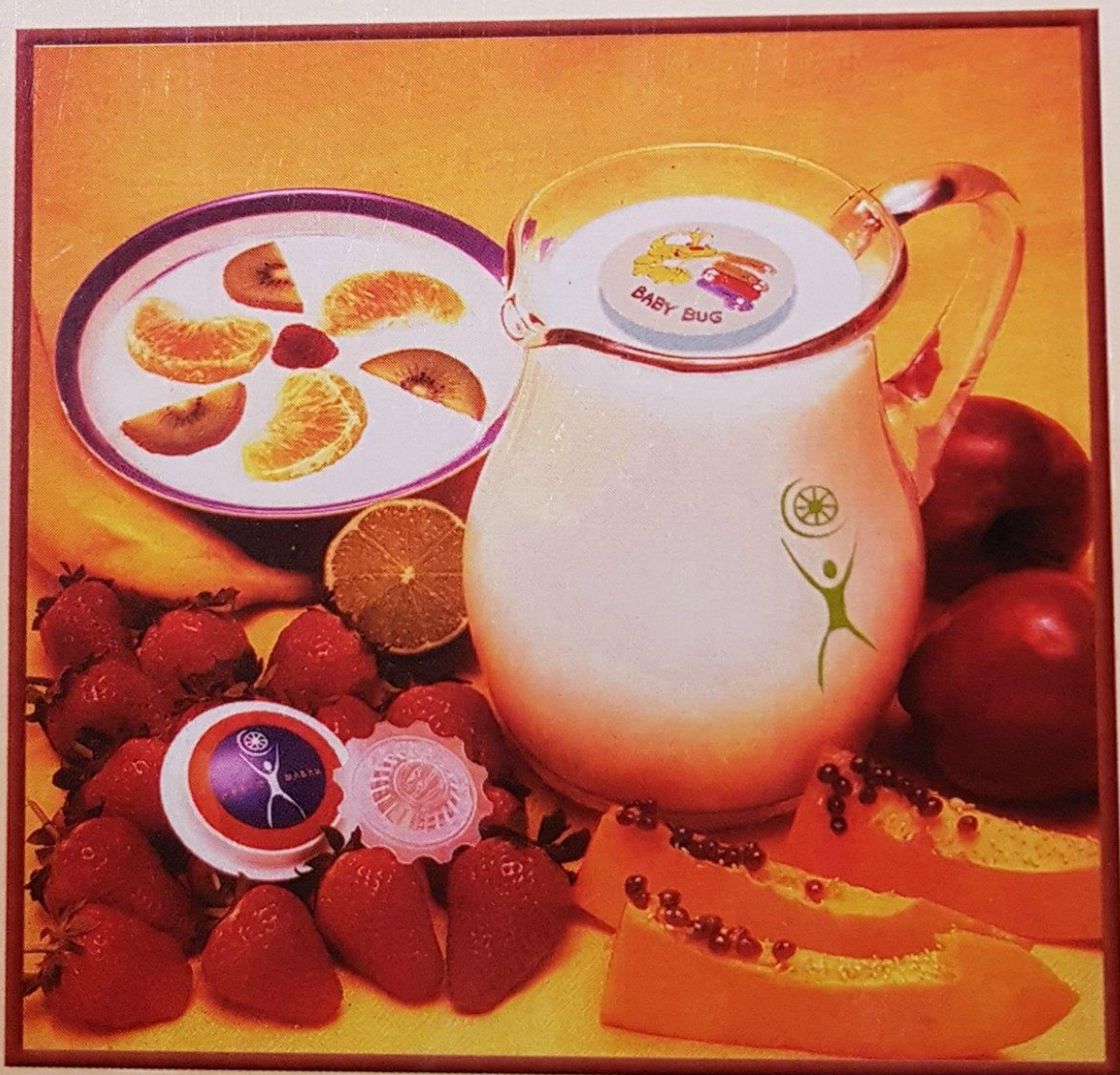


Kefir

Naturally Healthy
Living Food



Debra J. Norman

Please note:

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Metric Conversion Table

1 cup = 8 fl.oz = (227 ml) = 250 ml

1 tablespoon = 1/2 fl.oz = (14.2 ml)

1 teaspoon = 1/8 fl. oz = (5ml)

1 oz =, 30 g (28.3g)

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Introduction

Welcome to the miracle food, known as Kefir. You may be wondering what Kefir is exactly?

Kefir is often referred to as the champagne of yogurts and boasts many added properties that yogurt lacks, as described in later chapters. Kefir is one of our healthiest, most valuable food resources, yet few people know what Kefir is.

So is Kefir actually yogurt?

No, not exactly. Kefir, like yogurt, is a fermented milk food and has the consistency not unlike yogurt. Picture a milk fermentation scale carrying many different types of cultures, such as, yogurt, Kefir, Yakult, etc. Although yogurt is widely eaten and well respected, it's really at the lower end of the scale, whilst Kefir is at the higher end of the scale.

Why?

Well, Kefir is unique among other fermented milk cultures, in that they are composed of a mixture of bacteria and yeast's, unlike yogurt, which composes of only bacteria's, not yeasts.

In the fifties, when yogurt was first introduced into the western world, it was far from a marketable product. Problems were encountered during the yogurt making process. Firstly, the water separated from the milk, leaving the yogurt very sour, so an additive was added to stop this separation occurring.

"Wisdom is a defence"

Then when the fruits were added to the yogurt (usually in the form of a jelly or jam) the bacteria in the milk started to digest the fruits, so a chemical barrier had to be added between the fruit and the yogurt.

Today, the yogurt is packaged in a plastic container, which now days, is not considered very environmentally friendly.

So what can we do to ensure we are eating natural healthy fermented milk, and help our precious environment as well?

The answer is Kefir.

A few Kefir starter culture granules can make continuous fresh fermented milk every 12 - 24 hours and with proper care and general hygiene they will last for years. Fresh fruits, such as strawberry, banana, kiwi fruit, mango etc may be added as desired without the need for added chemicals. Any milk may be used for making Kefir, so it may not necessarily have to be dairy, it can be coconut milk, or Soya milk etc. Finally, Kefir requires no excess packaging because it is made in a ceramic or glass container on the kitchen bench.

The choice is yours and this book will help you make the right choice by offering you the facts on Kefir.

"Nothing is ill said if it is not ill taken"



What is Kefir?

Kefir is cultured milk of mixed lactic acid and alcoholic fermentation, though the alcohol level is very minimal, so children can enjoy the benefits of Kefir as well. Traditional style Kefir has a tart, refreshing taste and is usually effervescent owing to the presence of carbon dioxide, an end product of the fermentation process.

Kefir is an unusual milk product due to the unique nature of its starter culture. Most fermented milk starter cultures consist of one or more types of bacteria. Yeasts are present in the starter cultures of at least eight fermented milk products, (Wood and Hodge, 1985). They are Kefir, Koumiss, Taette, Mazum, Leben, continental Acidophilus, Kuban and Dahi.

In the case of Kefir the bacteria and yeasts form into grains that are similar in appearance to cauliflower florets. No other milk starter culture forms grains - making Kefir truly unique.. Kefir grains cannot be manufactured, they have to be grown from existing grains.

Kefir's Micro flora

Kefir's starter culture takes the form of grains. These starter grains are composed of lactic acid, bacteria, yeasts, casein and a fibrous carbohydrate gum, known as Kefiran. The Kefiran, which is produced by the predominant bacterial species, holds the micro flora together in what has been referred to as a "natural immobilises cell system" (Steinkraus, et al, 1983).

"The reward of a thing well done, is to have done it"

Why ferment milk?

We ferment milk because it's one of the easiest and best ways of preserving it. Fermented milks are often referred to as "cultured milks" or "cultured milk products". Fermentation is among the oldest methods of food preservation used by mankind, so most civilisations have independently developed their own fermented foods and beverages.

Where did Kefir originate?

It is important for most of us to learn the origins of the foods we eat. Personally I enjoy the full benefits of kefir and know whom to thank for my well being.

Kefir originally came from a region in the extreme South Eastern Europe known as Caucasus. The people of Caucasus, mostly Muslim, have used Kefir, to produce and preserve healthy living environments for centuries.

To ferment the milk the Caucasians placed the milk and the Kefir in a sack made from animal hide and usually hung the sack near the door so that anyone entering or leaving the house was expected to prod the sack to mix the contents. As the kefir was removed from the sack, fresh milk was added, and so the process of Kefir making continued.

Legend has it that Mohammed gave the Kefir grains to the Orthodox people (Koroleva, 1988) and taught them how to make Kefir. "The grains of prophet" as the kefir grains were called, were guarded jealously, since it was commonly believed that the Kefir grains would lose their strength if they were given away.

"A still tongue makes a wise head"

Kefir grains were regarded as part of the family's wealth and were passed on from generation to generation (Caitow and Trenev, 1990). So for generations, the people of Caucasia enjoyed the benefit of Kefir, without sharing it with anyone else, they came into contact with.

So how did Kefir come to be with us today?

Other people occasionally heard of the unusual beverage, which was said to have 'magical' properties. Marco Polo mentioned Kefir, along with Kumiss, in the chronicles of his travels in the East (Koroleva, 1988). However, Kefir was generally forgotten outside the Caucasus for centuries until news spread of its uses for tuberculosis in Sanatoria (Trum Hunter, 1973) and for intestinal stomach diseases (Koroleva, 1988). Kefir was extremely hard to obtain and commercial production was not possible without first obtaining a source of Kefir grains.

The members of the All-Russian Physicians Society were determined to obtain Kefir grains in order to make Kefir readily available for their patients. Early this century a representative of the society approached two brothers called Blandov and asked them to procure some Kefir grains. The Blandov's owned and ran the Moscow dairy, but also had holdings in the Caucasus Mountains area, including cheese-manufacturing factories in the town of Kislovodsk.

"He who would gather roses must not fear thorns"

The Blandov's plan

Koroleva (1988) and Chaitow and Trenev (1990) relate a true story of the Blandov's quest for the elusive Kefir grains. Nikolia Blandov sent a young beautiful employee, Irina Sakharova, to the court of the local prince, Bek-Mirza Barchorov. She was instructed to charm the prince and persuade him to give her some of the grains. Unfortunately, things did not go according to plan. The prince, fearing retribution for violating a religious law, had no intention of giving away any "Grains of the Prophet" However, he was very taken with the young Irina and didn't want to lose her either.

Realising that they were not going to complete their mission, Irina and her party departed for Kislovodsk. On the way home, mountain tribesmen kidnapped Irina and took her back to the prince. Since it was the local custom to steal a bride, Irina was told that she was to marry the prince. Irina's employers mounted a daring rescue mission and Irina was saved from the forced marriage. The prince was then called to the Tsar who ruled that the prince was to give Irina 10 pounds (4.5kg) of Kefir grains to recompense her for the insults she had endured. The Kefir was taken to Moscow dairy and the first bottles of Kefir drink were offered for sale in September 1908 (Chaitow and Trenev, 1990). People mostly consumed Kefir for its medicinal value.

"A good example is the best sermon"

Kefir Today!

Presently, Kefir is the most popular fermented milk in Russia. Various reports have stated that it accounts for between 65% and 80% of total fermented milk sales in Russia (Koroleva, 1988; Steinkraus, 1983) with a production of over 1.2 million tons per year in 1988 (Puhan, 1988).

The average yearly consumption of Kefir in the former Soviet Union was estimated at approximately 4.5 kilograms per person per year in the early 80's. (Wood, 1981)

Currently, a company started by the dedication of seven people, Kefir Culture Natural, is producing Kefir in a pocket sized device, equipped with Kefir granule sachets, to make homemade Kefir to enjoy as you require it.

This Australian based company hopes to introduce Kefir into every home in Australia in the next few years. Kefir Culture Natural, or KCN, as it is known, is also looking at an instant Kefir range and also a line of homemade scented soaps, with the added ingredient of Kefir.

KCN's Mission Statement:

"Kefir Culture Natural was founded in order to successfully develop and market natural Kefir and Kefir-related health products to improve people's lifestyle and well being."

"A good action is never discarded"

Different types of Kefir

This book speaks mainly of Traditional Kefir, though there is another variety of Kefir.

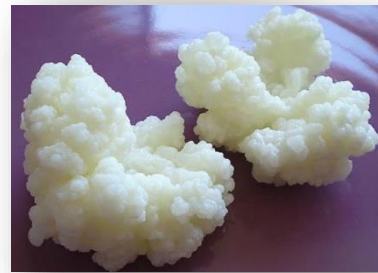
Water Kefir has grains like traditional Kefir; the exception here is that water Kefir is grown in water with an amount of sugar in it. Water Kefir is also known as 'Japanese water crystals' or 'Tibi'.

Traditional Kefir when from a reliable resource, should look like the Kefir grains in (picture 1), and should ensure that you always get the same quality and balance of yeast and bacteria.



Picture 1

Kefir grains are soft and moist to touch and can pull apart quite easily when removed from the milk. Take great care when handling your Kefir grains. The Kefir grains will grow into a Kefir plant (picture2),resembling cauliflower florets.



Picture 2

Healthy dairy food?

Many people believe that dairy food is unhealthy, particularly cow's milk. Human milk is designed for humans and cow's milk is designed for calves. This is true and as cows have three stomachs to digest the cow's milk in, I would have to agree. A dear friend of mine grew up in Bavaria, Germany, and he drank milk every day, as 95% of children did. According to him, it never hurt him, nor did one child have a negative reaction to milk.

"Beauty is in the eye of the beholder"

But was this the same milk we buy at the shops today?

Actually, it was different in the sense that it was not processed; it was straight from the cow.

My friend believes that the negative aspects of drinking cow's milk, comes from the commercial treatment process or how we treat milk at home, such as microwaving.

It would be safe to say that the milk we buy is dead food, because the treatment process kills it. When Kefir is added to the treated milk and fermented, it actually revitalises the milk turning it into a living food, hence rendering the Kefir drink a healthy, nutritional food.

Kefir not only revitalises processed cow's milk, it also turns milk powder, Soya milk, coconut milk, goats milk and most other commercial animal milk at your supermarkets today, into healthy living food. The only milk that Kefir cannot tolerate, is micro waved milk, and the UTH long life milk, this milk will affect your Kefir grains.

Kefir's relative's

Acidophilus

Acidophilus milk is produced by the lactobacillus acidophilus bacteria. Acidophilus milk contains 1.5% - 2% lactic acid, though has no alcohol like Kefir. Acidophilus is becoming increasingly popular, especially after antibiotic treatment, to rebuild the intestinal flora, which antibiotics are said to destroy.

"If a things worth doing Its worth doing well"

Acidophilus is grown at 38% C for the best results and is stored at 4% C, as it has a very short shelf life.

A quadriplegic I know, swore by acidophilus, as he always seemed to be on one course of antibiotics or another. Since I introduced him to Kefir, he drinks Kefir every morning to rebuild his micro flora, and swears it's better than acidophilus.

Buttermilk

Buttermilk is a by-product that comes from making butter. Buttermilk is very popular among the Scandinavian and European countries. Buttermilk is well known as a postwar food giving general boosts in energy and vitality.

Dahi

Is a fermented milk drink enjoyed in India. Dahl is said to have an acidic quality, and is often mixed with herbs for taste. Often, as with Lassi, it is mixed with buttermilk and banana to sweeten it. Lassi is a sour milk drink, diluted with water and is often spicy or sweet.

Kombucha

Kombucha is a healing food said to have originated in Asia. Also known as the 'Miracle Fungus' is brewed with green tea and sugar in about 8 days. My experience with Kombucha is that one has to be very clean and germ free when handling the Kombucha fungus, as germs can be transmitted through the tea, more often than not, contaminating the end beverage that may be quite harmful. Kombucha is known as a healthy beverage and healing product.

"A fault on ce denied is twice committed"

Koumiss

Koumiss, otherwise known as Katyik, or Kummis, is a fermented mares milk drink said to have therapeutic qualities. Koumiss was kept in leather vessels and whipped during the fermentation process. Later gouged lime tubs was used for the koumiss fermentation process. The brew was ready when thick foam forming on the top was observed. Often mixed with goat's milk, it was used in the treatment of Tuberculosis and digestive disorders. Koumiss is a close relative of Kefir.

Kishk

Kishk is a powdery cereal of burghul (cracked wheat) fermented with milk, and often laban (yogurt). Kishk ferments for 9 days, each morning it is taken out and roughly kneaded. When the fermentation is complete, it is spread on a clean cloth and allowed to dry in the sun. Often fresh herbs are added and then it's ground into a fine powder for storage and reused when food supplies are low through the winter months.

Laban

Laban is essential to the middle Eastern diet and is kept going in the Lebanese kitchen at all times. Laban is so important to the Lebanese that they must take a Laban culture along with them when they leave home, or immigrate to a new country. To preserve the Laban culture a clean handkerchief is soaked in fresh Laban then dried, wrapped in brown paper ready to reuse when required.

"A friend is easier lost than found"

When making Laban the culture must not be disturbed and the temperature should remain constant. Laban usually sets in three hours, four in the winter months

Mazum

Mazum is also known as Matsoon and can be made at home by adding about 2 tablespoons of yeast, into 500mls of milk. Set this in a temperature of around 37° C until the mixture has curdled. This is now your starter culture. For additional batches of Mazum, place about half a cup of starter into 500 ml of fresh milk. When set keep in the refrigerator of about 4 degrees until it's used. Mix with herbs, nuts or fruits to taste.

Sauerkraut

Sauerkraut is lactic acid fermented cabbage. Sauerkraut dates back to the 17th century where it was taken upon German naval ships. This was the only way of preserving the precious vitamin content. In fact, in the 17 century it was made law for all naval ships to carry barrels of Sauerkraut on board as a preventative against scurvy. High levels of vitamin C were conserved in the fermentation process, which was very precious to the diet of all seamen at sea. Sauerkraut also has vitamins, A, B 1, B2, B6, B12, D, E, K, amongst others. Sauerkraut literally means, Sauer Herb as fresh herbs were used in the fermentation process.

Today, Sauerkraut is made with salt usually, instead of the herbs and is cooked with sausages or roast pork in Germany. For treatments, Sauerkraut is cooked on its own and is said to increase the blood circulation in the intestines, and is excellent in the treatment of chronic constipation.

"To forgive a wrong is the best revenge"

Sour Dough Bread

Sourdough bread is made from the roots of a fern. The bread culture, "R'ewa'n'a P'arawa" is produced in New Zealand and the recipe is handed down from generation to generation as a gift of good health. The bread culture is added to the dough during the preparation period. It is said that Sourdough Bread ensures good health and preserves strength.

Tibi

Tibi, also known as Water Kefir, is a water version of traditional Kefir. Tibi culture looks like small white pellets that are transparent. Fermentation takes place in about 2-3 days with the brew increasing in size. Tibi is often used to improve the water standard and like Kefir is drunk for general well being. Sultanas are often added to the fermentation process for a natural sweeter taste. It is recommended to drink at least 1 litre of Tibi per day.

Yakult

Dr Minou Shirota of Japan developed Yakult in the 1930's. Dr Shirota began with 300 strains of bacteria from the human intestine. He tested the strains in order to find the most beneficial bacteria that would survive the journey through the stomach acids to the small intestine. Hence, Yakult was founded and so too was a beneficial bacterium to the gastronomical system. The lactobacillus casei Shirota Strain was named after Dr. Shirota.

"Grief divided is made lighter"

Yogurt

Yogurt is the most recognised cultured milk drink and has been on the market for over 50 years. Yogurt can be easily produced at home, by adding a cup of bought yogurt (plain) to 500mls of fresh milk. The new Yogurt should set in as little as 3 hours if kept at 44° C. Fresh fruit or nuts may then be added to taste. Yogurt makers are available if you have trouble maintaining the correct temperature.

"Truth finds foes where it makes none"



Kefir - its health advantages

Inside the human body an enormous world of microorganisms exists with over 400 different species of bacteria living in our intestine. Certain bacteria aid in the digestion process, these are called 'friendly bacteria' and without these the act of digestion cannot take place properly. Good health depends upon normal contents and the quality of intestinal micro flora.

However, the foods we tend to eat as part of our every day diet, unfortunately often, do not help the development of normal intestinal micro flora. Many people believe that because some fresh, lively vegies look healthy, that they actually are healthy. This is not to say that all vegetables are unhealthy, but with soil depletion and the chemicals sprayed as a result of this depletion, chemicals are absorbed by many of the fresh fruit and vegetables we buy today. This is not as healthy as it should be and does not always provide the ideal climate for our intestinal micro flora.

Antibiotics, although they work wonders in certain cases of illnesses, destroy the good bacteria we need to help our intestines flourish, as well as the bad bacteria.

This can have a devastating effect on our intestine's ability to digest food and often, I've heard, the food may rot in your stomach as a result of poor digestion, resulting in leaving the body depleted of energy.

"If misfortune comes, she brings along bravest virtues"

Stress may also play a part in poor intestinal micro flora as may bad eating habits and pollution. It seems that our bodies are in constant need of replenishment. To replace these good bacteria in the intestine is to restore healthy micro flora in the intestine.

When we talk about bacteria, people tend only to think about the harmful bacteria, not the friendly bacteria. When a baby is born, it's the friendly bacteria bifidumin in the mother's milk that makes the baby more resilient to illnesses. Bacteria also make possible the production of wine, beer and cheese to name a few. Plants couldn't grow without the approximately 250 million bacteria in the soil, so as you can see bacteria are an important part of life.

So how do we ensure that our bodies have a healthy intestinal micro flora? Kefir taken every day replenishes the good bacteria in the intestines, therefore creating healthy food digestion. It's so important to our health, to keep our micro flora in top condition, to create a sense of well being and liveliness.

Therapeutic and Probiotic aspects

Until fairly recently, fermented milks were, for the most part, eaten in the West for their organoleptic properties rather than for any alleged therapeutic benefits (Driessen, 1988) However, in the Soviet nations there is a history of the use of fermented milks for therapeutic reasons.

"Leave it if you cannot mend it"

Therapeutic uses for fermented milks were first popularised by Metchnikoff in 1908 (Chandan, 1982) Metchnikoff believed that *L. bulgaricus* (bacteria strain) supplanted the putrefactive, toxin producing microbes in the gut, which resulted in a lowering of the toxin concentration in the blood stream and improvements in health.

The claimed nutritional benefits of Kefir include its suitability for use by lactose-intolerant people (Rose, 1932 ; Trum Hunter, 1973). Its ease of digestion compared to yogurt owing to a low curd tension (Koroleva, 1991 ; Trum Hunter, 1973), the production of carbon dioxide and alcohol, which are believed to stimulate the production of saliva and hepatic and intestinal enzymes (Chaitow and Trenev, 1990 ; Koroleva, 1991 ; Rosen, 1932 ; Seneca, et. al., 1950 ; Trum Hunter, 1973) and the production of some B-group vitamins (Chaitow and Trenev, 1990; Kneifel and Mayer, 1991; Koroleva, 1991)

The claimed therapeutic benefits include, treatment of metabolic disorders such as diabetes, hypertension, atherosclerosis (Oberman, 1985) allergic reactions (Koroleva, 1991) the production of antitumor agents (Kubo, et. al., 1992 ; Nadathur, et. al., 1994 ; Shahani, Reddy and Joe, 1974), the regulation of bowel function including the treatment of chronic constipation (Koroleva, 1991 ; Trum Hunter, 1973), irritable bowel syndrome, the control of high cholesterol (Gorski, 1994) the protection of the immune system (Koroleva, 1991 ; Trum Hunter, 1973) the establishment of a healthy flora in weaned children (Koroleva, 1991 ; Trum Hunter, 1973), and in skin care (Oberman, 1985). (Dawn Grassick, Microbiologist)

"You don't drown by falling in the water. You drown by staying there"

Kefir - vitamin production

Kefir starter cultures have been reported as producing some B-group vitamins. This activity has been attributed to the yeasts. Koroleva 1988, Kneifel and Mayer (1991) studied the vitamin profiles of Kefirs made with milk from several species. For cow's milk, it was found that there was a sizeable increase in (B6), colalamin, folic acid and biotin.

Kefir's pH

The pH scale goes from 0 to 14 and shows if a substance is acid or alkaline. It is very involved with the food we consume and how it affects the pH in our body. Awareness of pH and the affect it has on our metabolism is increasing, as pH balance can have an adverse affect. As there are many different fluids in our body, there are many different and precise pH levels. For example, in the digestive tract, the liver has a pH of 7.1, and the stomach juices have a pH of 1.5. The blood has a constant pH of around 7.4, though young people may have a lower reading, and the older you get the pH becomes more alkaline.

You may be interested to know what the reaction of a certain food itself has on your body, as the pH of a certain food is not as important as knowing it's affect, especially if you want to influence your pH level.

The average pH level of Kefir is about 6.7 when it is fresh, though may lower the older it becomes.

"Don't find faults find remedies"

Making Kefir from existing culture

1. Place culture into a tea strainer and gently rinse under cold water to remove old milk. (Do not use hot water as this will kill your culture, remember your culture is alive)
2. Fill a clean container with about 500mls of fresh milk, and place the culture into the milk. To make a thicker Kefir, add powdered milk to your fresh milk.
3. Cover the container and leave to set at room temperature. In winter the Kefir may take a little longer to set than in summer, though it should set within 24 hours.
4. When the Kefir is set, it will separate. You may either strain the Kefir, making sure to separate the culture for future use, or stir the whey back into the Kefir forming a thinner creamy Kefir.
5. Wash the remaining culture in a strainer under cold water.

Repeat steps 2-4.

"He is rich that is satisfied"

Making Kefir using KCN Kefir maker



1. Tip the granules from the sachet into the plastic cone.



2. Clip the plastic lid onto the cone.



3. Clip the plastic disc onto the cone.



4. Fill a container with fresh milk, leave about 2 cm from the top.
5. Float the Kefir maker on top of the milk and cover.

"It is easier to pull down than to build up"

6. Place the container in a warm place, but not in direct sunlight.

The ideal temperature being around 18c - 30c.

7. Check your Kefir in 12 hours, then periodically until it's set.

The longer you leave the Kefir to set, the tangier it becomes.

Clean, by removing the disc from the cone. Do not open the cone. Wash the disc and cone in cold water. Snap back together and repeat 4 - 8.

Remember to be clean and wash your containers and hands before making Kefir.

Suitable Kefir containers

The most suitable container for Kefir fermentation should be made of either glass, ceramic, pottery or porcelain. Make sure that any pottery containers used are glazed. Containers should have lids, though need not necessarily have to seal airtight.

A glass jar is ideal as the Kefir's progress may be checked at a glance. Those of us conscious of the decor, ceramic, pottery etc, come in many different stylish colours and patterns that will fit in with your kitchens decor.

In any case, be sure you are clean. Wash all containers used for fermentation, including lids, seals etc.

"Bad excuses are worse than none"

Kefir Brewing

Kefir is usually left untouched during the Kefir making process. A different way of making Kefir is known as brewing. Kefir is started the same way as with traditional Kefir making, but shaking the glass several times during the process results in a stronger more aromatic Kefir. Shaking the jar during fermentation usually stops the clots of casein from forming and pushes the accumulated carbon dioxide from the bottom of the jar, to the top and out.

Usually shaking the jar every 2 - 3 hours is all that's required for this method of brewing. This increases the alcohol content, sometimes as high as 3%.

Note: Using the KCN Kefir Maker as instructed will produce an alcohol level less than 0.02% - so it is perfectly safe for children.

Another Brewing method is to remove the Kefir float after it is set, and let the set Kefir sit on the bench untouched for further ripening. Left for an additional 12 hours will bring out the flavour more and become tangier and stronger smelling.

A soft cream cheese can be made by separating the Kefir from the whey in a cheese cloth and left for 12 hours in the fridge. It can be mixed with savoury for a bread spread.

"Lost time is never found again"



Problems associated with Kefir making

Kefir, when fermented in a covered container as instructed, should remain uncontaminated. Kefir should always be made as hygienically as current surroundings allow, by washing all containers, utensils etc. associated with Kefir making.

You are responsible for your own cleanliness associated with Kefir making.

By washing your culture in warm or hot water, you will kill it. This will result in a yellowing of the milk during fermentation and an "off" smell when the jar is opened. I recommend replacing your culture if this were to happen.

By opening your Kefir cone during washing, your culture may escape down the drain not leaving enough in your cone for fermentation. It is not necessary to open your cone during the washing process. If this were to happen, your milk will turn a yellow colour and have an "off" smell. You will need to replace your culture in this instance.

Leaving your culture without milk for long periods of time will kill it. This will result in poor Kefir quality and an "off" smell when you open the jar. I recommend replacing your culture in this instance.

"He is rich that is satisfied"

When changing from say, goats milk to soya milk, you will need to wash your cone, and the culture will need time to adapt to the new milk environment. By practising hygiene and following the instructions as set out in this book, you should make healthy natural Kefir as desired.

Keep the temperature between 18c to 30c, if you do not, your Kefir will go "off" during the fermentation process, I recommend replacing your culture if this were to happen.

Drying Kefir grains

1. Place Kefir grains in cheese cloth and drain excess water.
2. Wash thoroughly in cold water.

Dry the grains at room temperature until they are hard. (This may take around 40 - 50 hours depending upon temperature and humidity.

3. Store dried Kefir grains in an airtight glass container or a paper envelope in a cool dry place.

Dried Kefir grains lay dormant until they are revived by placing them in milk. When you first use dormant Kefir grains, they need to be 'woken up' by putting them into a small amount of milk. The first two fermentations are discarded, so use only enough milk to cover the float.

Dried Kefir grains stay active for a long time. Some for a year and commercially packaged grains may stay active for up to a couple of years.

Drying your Kefir in the sun may affect its activity. Drying Kefir grains in the microwave kills the culture.

"It is the first step that is difficult"

Storage and Kefir care

To store active Kefir when it is not in use;

Put a small amount of milk into a small container. (It may be plastic)

1. Place your Kefir grains or Kefir maker into the milk, ensuring it is covered with the milk
2. Put the Kefir into the refrigerator storing it at about 4c. Ensure the container is sealed.

Keeping the Kefir in the fridge puts the Kefir to sleep (Dormant) for up to three month. Some people have had success in freezing the Kefir, others have not had such success.

Suitable Milks for making Kefir

As mentioned earlier in this book, cow's milk bought fresh from your local supermarket, makes a light effervescent Kefir. A German friend of mine, tells me that milk used straight from a cow (for those of you on a farm) by removing the fat content from such milk will result in a better set, leaner Kefir.

Coconut milk bought in a tin, sets the Kefir a little yellowed in appearance and gives an added zest to an already coconut flavour. Coconut Kefir is great in Indian dishes, ice-cream or dressings, or anyway you would normally use the coconut milk. For a thicker creamier Kefir, try coconut cream from the tin. It's fabulous!

"Habit is second nature"

Soya milk is one of my favourites. I have had great success in using Soya from the carton, such as Vitasoy, or from soya milk powder. For a thicker soya Kefir, try mixing 2 tablespoons of Soya powder to the soya milk. For extra zest and as a treat, try the flavoured soya milks, they set excellently and are favourites with my children.

Sweetened condensed milk sets fine. I use condensed milk Kefir for a wonderful tangy ice-cream that is full flavoured and light in appearance. Add fresh fruits for flavour.

Goat's milk sets the same as cow's milk and retains its original full flavour, with an added tang!

Other milks such as mare's milk, etc. can be set the same as cow's milk.

Micro waved milk and UHT treated milks are not suitable for Kefir making. These milks will make your culture sick and eventually kill it.

Kefir - the amazing tenderiser

I want to tell you about the most amazing meat tenderiser I have ever come across. Personally I don't eat red meat, although members of my family do, so I can vouch for all meats.

Make your Kefir as directed and add your selected herbs, spices, maybe tomato or BBQ sauce for taste. Lay your selected meat or chicken in a container suitable for placing in the fridge. Pour Kefir mixture between each layer of sliced meat and drizzle on the top. You may top off with a sprinkle of mixed herbs, salt, pepper etc. and seal the lid on top. This then goes in the fridge.

"A good word makes a glad heart"

Every couple of hours or so, move the meat ensuring the Kefir has covered every bit of meat. Leave this overnight in the fridge. Cook your meat as usual.

I can just about guarantee the tenderness of the meat as it far outdoes any other meat tenderiser. It's just brilliant!

Try any steak, mutton, chicken, turkey, rabbit or any other meat you eat, it will just fall off the bone and melt under your knife. Brilliant!

Rex and Babe's fate!

For century's people have been raising cows, chickens, pigs, and every other kind of animal for food, so it's completely natural today to expect the same thing.

I know the local pig farmers have fed their pigs on Kefir! - Yes Kefir. The meat from their pigs has been the most sought after pork that I know of in my area. The meat is perfectly white, totally free of the usual porky smell, almost fat free and quite divine. Although I don't eat pork, many people do, and I would have no hesitation in urging them to try this pork at least once. It's pork like you've never seen it before. Truly amazing.

Poor Rex and Babe were two little pigs fed only on Kefir, nothing else at all, no grain, no grass, just Kefir. They grew very big and didn't carry a smell on them. They used to run to the feed trough for their morning Kefir and drink it up no problem.

Unfortunately, Rex and Babe escaped once too often and became rough with the local children, so they had to go!

Farmers that have fed their pigs on Kefir have also maintained a diet of grains, and vegetable scraps. It is possible to sustain a pig from birth to adult on Kefir alone. I've seen it! The meat is the best, most delicate, delicious pork available.

"He that has most time has none to lose"



Kefir for health and beauty

Think of Egypt and you may think of the river Nile, the desert sands, the great pyramid of Cheops, the majestic Sphinx and, of course Cleopatra, the beautiful queen who was reputed to have bathed in asses milk. Reports claim the milk Cleopatra bathed in was in fact, fermented milk.

Why fermented milk?

Because the fermented milk contains lactic acid, which is one of the naturally occurring AHA's that the cosmetic industry is currently excited about.

What are AHA's?

AHA's or Alpha Hydroxy Acids, are substances that occur naturally in some foods. They are commonly referred to as the 'fruit acids' though this is not technically correct because they don't all come from fruits.

The five commonly used AHA's in skin care are: lactic acids from fermented milk, glycolic acid from sugar cane, citric acid from citrus fruits, tartaric acid from grapes and malic acid from apples.

"We do not always gain by changing"

Lactic acid is a natural acid from fermented milks and it produces levels of acidity similar to human skin and hair, so is perfectly safe for cosmetic use.

The recipe's for making your own beauty products in this book, take this acidity into account and dilute the fermented milk as necessary.

How do AHA's work?

AHA's help to improve the general appearance of the skin by removing dead skin cells and exposing the more youthful looking skin beneath. The old dead skin cells are removed because AHA's dissolve the lipids, which hold the old skin together.

The exposed skin usually takes on a more youthful appearance if creams containing AHA's are used on a regular basis.

Products containing AHA's have been reported to reduce the appearance of wrinkles, make the scars from acne less noticeable, fade age spots and to reduce the appearance of sun induced pigmentation (freckles).

The good news is that Kefir gives you a chance to make your own beauty products containing AHA's without the other added chemicals. (Goodlife Times, Vol 2.)

"Experience is the father of wisdom"

Why eat Kefir?

One of the smallest slabs at Westminster Abbey reads the most interesting inscription:

"Thomas Parr of ye country of Salopp, born 1438 A.D lived in ye reigns of ten kings, Edward IV, Edward V, Richard III, Henry VII, Henry VIII, Edward VI, Mary, Elizabeth, James I, Charles I, buried here November 1635, aged 152 years."

The parish register of his native village proves that fact. Legal documents show that he inherited a small dairy farm in 1560, and married three years later aged 80.

He married his second wife aged 122. When he was over the age of 130, court documents show that he pleaded guilty to the charge of being the father to an illegitimate child.

Thomas's age attracted the attention of King Charles, who wished to investigate the secret of his old age. Investigations showed that besides living a simple farmers life he had a cloth of "cheese" that, when placed in milk, turned it sour and made it drinkable for many days.

Thomas's last few weeks were spent at the palace. His marvellous memory and wits made him an unmatched entertainer.

"There is always room at the top"

After his death King Charles ordered an autopsy and it showed the cause of death was brought on by unaccustomed luxuries and indulgences. However, the old man's organs were found to be in perfect condition, the colon resembled that of a child's.

Modern research shows that Nomadic tribes, Bulgarians, Turks, Arabs, Jews, Russians and some Northern Indian tribes, people who are "addicted" to the use of fermented milk, produce more centenarians than any modern Western civilisations.

So is it possible, that the consumption of Kefir holds the key for a healthy, long and good life, free of the maladies of our time. Can it be, that it has a future in the holistic treatment of long standing chronic complaints, seemingly unrelated to digestive disorders, prevent senility, relieve back pain, improve the sense organs? Is it a miracle cure at all?

Dr. Bernard Jensen put his life into the research of health and visited 50 countries to study people's life styles and diets. He studied long-lived people and met with masters and gurus. He eventually arriving at the conclusion that the Colon dominates the general health and well being of people.

We are generally unaware of the condition of our intestinal tracts. An alarming report was given by Dr. Harvey W Kellogg:

"Of all the 22,000 operations I have performed,
I have never found a single normal colon."

Dr. Kellogg performed an experiment where he immersed a piece of raw meat in fermented milk, which was changed regularly. The meat remained perfectly free of decomposition for some 20 years.

"Good is not good where better is expected"

If we introduced Kefir to our system, we introduce friendly acid loving bacteria.

An acid bowel environment is the best defence against unfriendly bacteria. Dr. Jensen said, "This bowel condition is the one from which man's greatest health can be obtained."

Special Note

Many women have asked me about Kefir being used as a douche. Kefir is said to bring immediate relieve from itching and soreness for thrush.

If you drink Kefir every day, this will drastically reduce the instances of thrush and generally give an overall feeling of good health.

I would recommend Kefir for anyone. Kefir has an abundance of benefits.

Many, I'm sure are not published as Kefir seems to be a continuously researched subject. I can see that the more people need Kefir, the more research will be done. I hope this book has enlightened you and you too can enjoy the full benefits of Kefir as my family has done for years.

"All glory comes from daring to begin"



Beauty Recipes

Bath relaxants

Relaxing Bath Lotion

- 1 Cup Kefir.
- 1 tablespoon Epsom salts.
- 2 tablespoons fresh lavender
- 2 drops vanilla essence
- 1 tablespoon baby oil

Mix ingredients and add to warm bath water. Relax for 15 minutes.

Apricot and Kefir bath oil

- 2 tablespoons melted butter
- 2 tablespoons olive oil
- 1 teaspoon apple cider vinegar
- 4 tablespoons witch hazel
- juice of three apricots (use a blender)
- 100g Kefir
- 2 beaten eggs
- 300ml milk

Mix together the butter and the olive oil and allow to sit for one hour. Mix in the apple cider vinegar, the witch hazel, the apricot juice and the Kefir. Stir well. Add the eggs and half the milk, put the mixture into the blender. After it is thoroughly blended add the remaining milk. This mixture can be kept in the refrigerator in a sealed bottle. It is enough to add to six baths. Use one capful each bath.

Foot lotions

Feet relaxant

- 2 cups Kefir
- 1 tablespoon apple cider vinegar

Mix ingredients together and set in the refrigerator for 1 hour. When set, apply to the tops, soles and heels of your feet. Leave for five minutes and rinse.

Foot treat

- 30 g fresh marigolds
- 1 teaspoon honey
- 125 ml hot water
- 1 cup Kefir

Mix ingredients and place in a bowl. Soak feet for 15 minutes.

Body rubs

Cool body rub

- 2 cups Kefir
- 1 tablespoon honey
- 5 drops lavender oil

Warm Kefir on the stove and add honey. When honey is dissolved, cool. Add the lavender oil and sponge onto your body. Leave for 15 minutes and rinse.

Cleansers

The following cleansers can be made and kept in the fridge for up to four days. If the cleanser dries a little, add a few drop of warm water to moisten it again. Remember to avoid the immediate eye area and to cleanse the neck area when you cleanse your face.

Mayonnaise and Kefir cleansing cream

- 1 egg yolk
- 1 tablespoon cider vinegar.
- 1/2 teaspoon sugar
- 8 tablespoons olive oil
- 8 tablespoons Kefir

Whip the egg yolk, vinegar and sugar together until well blended. Add the oil, a little at a time, until the mixture is thick and smooth. Blend in the Kefir until a smooth paste is formed. Cleanse the face each night. Wash off with warm water. Follow by moisturising with rich skin treatment.

Honey cleansing cream

- 16 Tablespoons Kefir
- 1/2 tablespoons elder flower infusion
- 1/2 tablespoons honey (melted)

Place 2 teaspoons of dried elderflower (or one elderflower tea bag) in one cup of boiling water and allow to sit for 5 minutes. Strain to remove the flowers as necessary. Add the honey and allow the mixture to cool to room temperature. Add the Kefir and beat together for several minutes. Do not add the Kefir to the hot infusion or the mixture will curdle. Store refrigerated.

To use apply generously over the face, neck and clean off with a clean damp cotton ball. This cleanser suits all skin types.

Kefir cleansing lotion

- 1/4 cup cooled Kefir
- 1\2 teaspoon sugar

Dampen face and neck. Apply cleansing lotion with a dampened cotton ball. Massage well with tips of fingers. Rinse with cooled water.

Kefir cleanser with lemon

- 1/4 cup room temperature Kefir
- 2 tablespoons lemon juice
- 1 egg yolk

Mix Kefir and egg yolk well. Add lemon. Apply to the facial area avoiding the eye area, leave for 5 minutes. Remove by rubbing with tips of fingers in a circular motion and then rinsing well. This cleanser is for oily skin, particularly for the softening of blackheads.

Kefir with avocado cleanser

- 30ml Kefir
- 4 tablespoons ripened avocado

This cleanser is for normal to dry skin types.

Mix ingredients by beating with a fork. Apply to face and neck avoiding the eye area. Leave for 5 minutes. Rinse well with warm water.

Kefir and pawpaw cleanser

- 1/4 cup pawpaw
- 15ml Kefir
- 2 tablespoons witch hazel

Combine ingredients by whisking rapidly with a fork. Apply to face massaging well into the skin. Leave for 5 minutes. Rinse well.

Strawberry & Kefir cleanser

- 5 ripened strawberries
- 15ml Kefir
- 15ml olive oil

Juice the strawberries and add to the kefir. Mix well. Add a little oil at a time mixing well. Apply to face with dampened cotton balls. Leave for 5 minutes. Rinse well.

Kefir & tomato Cleanser

- 30 ml Kefir
- 15 ml tomato pulp
- 15ml witch hazel

Blend pulp to a fresh juice, add to Kefir and mix well. Add witch hazel. Apply to dampened face leaving for 5 minutes. Rinse well with warm water.

Suitable for enlarged pores

Kefir cleansing milk

- 30g dried herb (your choice)
- 1 cup boiling water
- 10 g cornflour
- 8 ml fresh Kefir
- 1 teaspoon sunflower oil

Place the chosen herb into the boiling water to make an infusion. Leave for 10 minutes. Take the cornflour and mix with a small amount of infusion to form a smooth paste. Stir in the Kefir and sunflower oil gradually. Mix in the infusion and warm on the stove to boiling point. Remove from heat and allow to cool. Apply to face and neck avoiding the eye area. Rinse with cooled water.

Kefir - (general cleanser)

- 2 cups fresh chamomile
- 1 teaspoon fennel seed
- 1 teaspoon fennel leaves
- 25 ml room temperature Kefir

Place the chamomile and fennel into a pan and cover with boiling water. Leave for 10 minutes then set aside to cool. When cooled, mix in the Kefir. (This mixture is supposed to be liquid) Apply to face (avoiding eye area) and leave for 15 minutes) Rinse with hie warm water. Rinse face with cooled water and pat dry.

Face Masks (Packs)

It is important to deep cleanse your face at least once a week. After cleansing your face, but before applying a mask or pack, try giving your face a steam bath to soften blackheads and impurities.

When you have made the following steam bath, it's important to hold your face at least 30 cm away from the bowl as you will use boiling water. Don't steam your face for any longer than 8 minutes. To stop the steam from escaping your face area, place a clean towel over your head draping the loose ends over the bowl. Trap the steam by closing open ends.

(It is not advised to steam your face if you suffer from heart problems, have breathing difficulties, suffer from asthma, or have very dry skin.)

Facial steam bath

- Cups of either chamomile, sage or fennel.
- 1 litre of boiling water.

Place the selected herbs into the boiling water. (For problem skin try adding a few drops of tea tree oil.) If you're adding more than one type of herb to the water, add in equal parts. Steam your face for 5 minutes. Pat your face dry.

Deep cleansing face mask

- 20 ml Kefir
- 20 ml honey
- 30g dried mixed herbs
- 75ml boiling water
- 1 teaspoon wheat germ

Blend the kefir with the honey, For a better texture use clear honey. Steep the herbs in boiling water and leave for 1/2 hour. Add 20 ml of the infusion to the kefir and honey. Blend well then thicken to a stiff paste by stirring in the wheat germ. Apply to face and neck avoiding eye area. Leave for 15 minutes, rinse with warm water.

Peppermint Kefir mask

- 1 tablespoon fullers earth
- 100 g Kefir
- 1 teaspoon honey
- 5 drops peppermint essence
- 1 pinch bicarbonate of soda

Mix the Kefir with the fuller's earth and then add in the other ingredients. Apply to the face and neck, using some cotton balls to assist with the application. After 30 minutes rinse with luke warm water. This mask counteracts oiliness.

Tomato and Kefir mask

- 50ml tomato juice
- 100g Kefir
- 50 g oatmeal

Cook the oatmeal in a little water by microwaving on 'high' for about one minute. Mix the tomato juice and Kefir together, then stir this mixture into the cooled oatmeal. Make a smooth paste and apply to the face and neck. Leave for 30 minutes before rinsing gently with warm water. This mask is good for oily skin.

Kefir and peach mask

- 1 large ripened peach
- 1 teaspoon honey
- 1/8 cup Kefir
- 1/2 teaspoon of fullers earth

Cut the peach into chunks. Blend it for a brief time and then add the honey. Add enough Kefir to make into a creamy spreadable consistency. If you do not have a blender this can be mixed by hand. Leave this mix sit for two hours, then push it through a sieve and add the Fullers earth to make a paste. Apply to face and neck, avoiding the eye area. Leave on for 20 minutes and wash with warm water.

Oatmeal and Kefir mask

- 1/2 cup of uncooked oatmeal
- 3/4 cup of Kefir
- 2 tablespoons warm honey

This mask is suitable for treating skin with large pores. Mix the oatmeal and Kefir together and refrigerate for 10 hours. Strain, keeping the liquid and discard the oatmeal. Add the honey and mix well. Apply the mask and leave it on for 20 minutes. Rinse thoroughly and apply as moisturiser to the face. Store this mask by placing in a glass jar with a lid and place in the refrigerator. Use day or night as moisturiser for normal to dry skin.

Kefir and walnut mask

- 2 tablespoons finely chopped walnuts
- 3/4 cup Kefir
- 2 tablespoons warm clear honey

Chop the walnut as fine as you can get it and mix in with the Kefir. Place in the refrigerator for 5 hours. Add warm honey and mix well. Apply mask and leave for 20 minutes before rinsing with warm water. Pat dry with a soft cloth.

Kefir and avocado mask

- 1/2 ripened avocado
- 25ml Kefir
- 1 egg yolk
- 1 teaspoon honey

Mash the avocado and stir briskly with a fork. Stir in the kefir a little at a time. Whisk the egg yolk for a minute and then add to the Kefir. Warm honey before adding. Mix ingredients well and place in the refrigerator for an hour, or until cool. Smooth on face and neck and leave for 20 minutes or until dry. Wash with a soft cloth and warm water.

Kefir and aloe-vera mask

- 1 fresh leaf aloe-vera
- 25ml Kefir
- 1 teaspoon honey

Split the aloe-vera leaf length ways. With the edge of a knife, rub the gel from the stem. Place the gel into a bowl and add warmed clear honey. Whisk briskly until well combined. Add the Kefir and mix. Apply to face for 10 minutes before rinsing with warm water. This mask is ideal if your face is slightly sunburned. Splash face with cool water once mask is thoroughly removed.

Kefir and cucumber mask

- 1/2 ripened cucumber
- 25ml Kefir
- 1 whisked egg white
- 1 tablespoon witch hazel

Blend cucumber and mix in Kefir. Add the witch hazel and egg white. To thicken add a little oatmeal (Fine) Apply to face and neck and leave for 20 minutes. Rinse with warm water.

Fresh Kefir and eucalypt mask

- 4 drops eucalypt
- 15ml Kefir
- 1 tablespoon bran

Mix Kefir and bran until thickened. Add the Eucalypt and mix well. Avoid eye and mouth area when applying the mask. This mask is a good freshener and excellent for blemished or oily skin. Leave for 5 minutes and rinse with warm water.

Kefir Rubs and Scrubs

Rubs and scrubs are an excellent way to exfoliate, leaving a freshly polished complexion, smooth and free of dead skin cells. For people with extremely dry skin, it is not advised to scrub your face, instead try a face renewal. By exfoliating once a week, you will improve the texture of the skin. When using scrubs or rubs, use small circular motions with the tips of your fingers remembering not to press too hard. It is best to exfoliate before cleansing.

Exfoliating rub

- 2 Cups oatmeal
- 1 cup Kefir
- 2 Eggs.

Beat the eggs and add to Kefir. Mix well. Add the oatmeal and smooth over body. Leave for 10 minutes and remove with a cloth in small circular motions.

Kefir elderflower scrub

- 10 g dried elderflower
- 75 ml boiling water
- 10 ml honey
- 8 ml Kefir
- 10 g almonds (ground)
- 38 ml (fine) oatmeal
- 5 ml apple cider vinegar

Steep the elderflower in the boiling water for 1/2 hour. Mix together the honey, almonds, oatmeal and vinegar until well blended. Stir in 20 ml of the elderflower infusion. Place a small amount into the palm of your hand and apply to skin using the tips of your fingers in small circular movements. Rinse with warm water.

Gentle exfoliator

- 3 tablespoons almond meal (ground almonds)
- 1/3 cup of kefir

Mix the ingredients together until well combined. Apply to the face and neck. Remove with dampened cotton balls.

Orange Kefir cleansing scrub

- 1 1/2 tablespoons Kefir
- 1 Tablespoon olive or almond oil
- 1 tablespoon grated orange peel
- 1 1/2 Tablespoons oatmeal or almond meal

Use the oatmeal for a more vigorous exfoliator, almond meal for a gentler product. Mix all of the ingredients together to form a paste. Apply to the face, avoiding the eye area. Massage in well, using circular movements. Rinse with warm water and pat dry. Use once a day for very oily skin, twice a week for drier skin.

Kefir and yeast exfoliator

- 1 Tablespoon Kefir
- 2 teaspoons almond meal
- 1 teaspoon brewer's yeast
- 1 teaspoon warmed honey
- 2 drops of peppermint or lavender oil

Do not use this scrub if you have broken capillaries on your face or body. The brewer's yeast stimulates the circulation and this can aggravate an existing condition. Mix the ingredients and massage gently into the skin. Rinse with lukewarm water.

Facial renewals

Facials will increase the circulation in your skin bringing nutrients and oxygen to the surface. This gives a refreshed new look to tired skin. To stimulate further, massage facials well with tips of fingers (avoid eye area). Leave facial until dry whilst relaxing with your feet elevated. Rinse with warm water.

Banana Kefir and honey Facial

(Mature Skin)

- 30 ml Kefir A 15ml honey
- 15ml lavender oil
- 1 banana (ripened)
- 1 egg yolk

Mix the Kefir and banana in a blender until smooth. Add the honey, lavender, and beaten egg yolk and mix well. Apply to cleansed face and rinse after 15 minutes.

Lemonbalm Kefir facial

(Problem skin)

- 30 ml Kefir
- 5 ml Lemon balm
- 2 tablespoons lemon juice
- 1 egg yolk
- 5 ml almond oil

Combine the ingredients by hand, or place into a blender and blend until smooth. Apply to clean face and rinse after 15 minutes.

Marshmallow Kefir facial

(Dry skin)

- 30 ml Kefir
- 2 tablespoons marshmallow
- 1 teaspoon parsley
- 1 teaspoon clear honey
- 1 teaspoon olive oil
- 1 egg yolk

Combine ingredients whisking rapidly, or place into a blender and blend until smooth and creamy. Apply to clean face and leave for 15 minutes. Rinse with warm water.

Strawberry Kefir and sage facial

(Oily skin)

- 30ml Kefir
- 2 tablespoons sage
- 1 egg white
- 2 large strawberries

Blend ingredients either by hand with a whisk or place in a blender and blend until smooth. Apply to cleansed face for 15 minutes and rinse with warm water.

Deep cleansing facial

- 30 ml Kefir
- 2 tablespoons fennel
- 2 tablespoons nettle
- 2 tablespoons rosemary
- 15 ml almond oil

Combine ingredients in a blender until smooth, or by hand using a whisk. Add more Kefir if needed. Apply to clean face for 15 minutes and rinse with warm water.

Freckles

Kefir and oatmeal paste

- 4 tablespoons Kefir
- 2 tablespoons flaked oatmeal

Mix the ingredients into a paste, adding more Kefir if necessary to produce a spreadable consistency. Spread the paste over freckles and leave no longer than twenty minutes as the mixture is drying to the skin. Wash off with water. Follow with a light moisturiser. This treatment can be used daily.

Acne

An inflammation of the sebaceous glands, causing pimples. This is most likely to occur during adolescence as hormonal changes take place. A facial steam bath may help to open any blocked pores and may reduce the inflammation before trying the following.

- 30g lavender
- 30g chamomile
- 1 cup boiling water
- 2 tablespoons Kefir

Steep the chamomile and lavender in the boiling water for 20 minutes. Allow to cool before adding the Kefir. Mix well. Gently wipe the solution over the face with cotton balls. Rinse with cool water. Repeat as necessary.

Hair Care

Kefir conditioner

- 1 egg
- 5 ml honey
- 15 g lavender
- 1/2 cup boiling water
- 75 ml Kefir

Beat the egg and add the honey. Steep the lavender in the boiling water for ten minutes. Allow to cool and add to the honey / lavender mixture. Add kefir and mix well. Massage through the hair paying particular attention to the ends. Leave for 5 minutes before rinsing.

Sea kelp and Kefir conditioner

(This is a pre shampoo conditioner)

- 1 egg yolk
- 100g Kefir
- 2 teaspoons grated lemon rind
- 1/2 teaspoon sea kelp powder

Beat the egg yolk and add the Kefir. Mix in the lemon rind and kelp powder. Massage the mixture into the hair and scalp and leave for 30 minutes. Rinse and shampoo, adding a small amount of lemon juice to the rinse water.

Kefir conditioner

(For fly away or frizzy hair)

- 2 tablespoons Kefir
- 1 egg

Whisk the ingredients together until thoroughly blended. After shampooing the hair, massage in the mixture for five minutes. Wrap the head in a warm towel, or use a shower cap and leave for fifteen minutes. Rinse with warm water.

Kefir and lime flower hair rinse

- 120 ml Kefir
- 1 (beaten) egg
- 40 ml infusion of lime flower

Whisk egg and Kefir together and then stir in the lime infusion. Apply generously to the hair and scalp and leave for 15 minutes wrapped in a towel. Rinse with warm water.

Hand Care

Almond Kefir hand cream

- 1 tablespoon almond oil
- 1 cup Kefir

Mix the ingredients and massage into the hands at bedtime. Wear cotton gloves to save your bed linen. Wash the hands in the morning.

Kefir hand treat

- 15 g dried marigold flowers
- 125 ml boiling water
- 20 ml sunflower oil
- 15 ml honey
- 125 ml Kefir
- 1/2 tablespoon cornflour

Add the marigold to the boiling water and steep for 30 minutes. Mix the cornflour and sunflower oil to a paste. Strain the marigold infusion into a pot and set over a gentle heat. Add the honey and heat until honey is dissolved. Remove from heat and gradually add to the paste. Return to the heat and bring to the boil stirring continuously. Remove from the heat and cool. Add Kefir and stir well. Massage a small amount into your hands and feet as required. Store in an airtight container in the fridge for up to four days.

Kefir hand bath

- 15 g chamomile
- 1 cup boiling water
- 1/2 cup Kefir

Steep the chamomile in the boiling water for 30 minutes allowing to cool. Add the Kefir and mix well. Place in a bowl and soak hands for up to 20 minutes. Rinse hands well and pat dry.

Moisturiser

Kefir and apricot moisturiser

- 2 - 3 very soft apricots
- 75 ml glycerine
- 1 teaspoon dried marigolds (crumbed)
- 75 ml Kefir
- 20 ml sunflower oil
- 20 g cornflower

Mash the apricots and blend in the glycerine. Add the marigold and stir well. Push through a sieve. Blend corn flour and oil. Blend in the Kefir and warm in a saucepan over a low heat. Allow to cool. Apply generously avoiding eye area and massage well.

Rich skin treatment

- 1 ripened avocado
- 1 teaspoon honey
- 1 teaspoon lemon juice
- 2 tablespoons Kefir
- 1 tablespoon glycerine

Blend the avocado, honey, glycerine and lemon juice to a thick paste. Add the Kefir and mix to form a creamy consistency. Refrigerate the mixture for 30 minutes. Massage onto the face and neck until the cream disappears. (Avoid the eye area) Leave on skin overnight and wash with warm water in the morning.

Elderflower and Kefir lotion

- 4 tablespoons Kefir
- 4 tablespoons of elderflower infusion
- 1 Tablespoon apricot oil
- 2 tablespoons almond oil
- 1 drop geranium oil

Make the elderflower infusion as follows: add 1 teaspoon of dried herbs to one cup of boiling water. Strain to remove the herb after 5 minutes and then allow the infusion to cool. Mix in all other ingredients.

Kefir and marigold lotion

- 2 teaspoons Kefir
- 2 teaspoons apricot oil
- 1/2 teaspoon almond oil
- 1 teaspoon marigold infusion
- 2 tablespoons thickened cream
- drops lavender oil

To make the marigold infusion, add three flower heads to one cup of boiling water. Allow to cool and remove the flower heads. Combine all other ingredients in the marigold infusion and mix well. This is a day or night lotion that assists with the balancing of the skin's acid mantle. Rub it into the skin until it's well absorbed.

Cucumber and Kefir soother

- 1/4 cup Kefir
- 1 cup diced cucumber (inc. the skin)

Mix the cucumber with the Kefir well using a blender. Add thickened cream (if required) the preparation must be refrigerated for an hour before use. Strain and then place in a pump pack for easy use. Use on the face and neck.

Kefir and aloe - vera relaxant

- 25 ml Kefir
- 15 ml peach oil
- 15 ml vanilla oil
- 15 ml aloe vera gel

Mix the ingredients until well combined. Massage into the face and neck until moisturiser is absorbed. Avoid immediate eye area.



Food Recipes

If you use your imagination, plenty of existing recipes can be adapted to include Kefir. Use the desired amount in place of sour cream, cream, milk, or just include it into the recipe. For all of us that need a few starting recipe's, I hope you enjoy the following collection. Thank you to all of the kind people who provided the following recipe's.

Kefir drinks

Kefir drinks can be very refreshing in the morning before breakfast, or at night before bed.

Kefir banana smoothie

- 150 ml Kefir
- 2 ripe bananas
- 1 teaspoon vanilla
- 1 tablespoon honey

If you have blender, combine ingredients in a blender and process until no further lumps are noticeable. Serve chilled or at room temperature. For a real treat, add whipped cream and nuts for decoration.

Malted Kefir smoothie

- 150 ml Kefir
- 1 teaspoon vanilla
- 2 tablespoons malt
- 1 tablespoon honey

Combine ingredients in a blender and process for half a minute. Serve chilled or at room temperature.

Kefir passionfruit drink

- 4 ripe passion fruits
- 125 ml Kefir
- 75 ml pineapple juice

Combine ingredients in a blender for a minute. Serve chilled with a couple of ice cubes and a whole strawberry on the side of the glass.

Breakfast

Fruit Kefir

Chopped nuts and dried mixed fruit added to 150 ml of cooled Kefir, is an ideal breakfast food. Try adding honey for a sweeter taste.

Muesli Kefir

Try adding 1/2 cup of toasted muesli to 150 ml of Kefir as a nutritional breakfast food.

Kefir with breakfast

Adding Kefir to your daily cereal gives your normal breakfast food a boost. Try topping the Kefir with nuts or dried fruit. A teaspoon of honey will sweeten the cereal in place of sugar.

Kefir toast spread

- 1/2 cup room temperature Kefir
- 1/2 tablespoon chopped mixed nuts (raw)

Combine ingredients and set in the fridge for 20 minutes. Add honey for a sweeter taste. Lemon juice mixed in gives a tartier taste.

Cake's

Chocolate fudge cake

- 125 g (4 oz) butter or margarine
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla essence
- 2/3 cup cocoa
- 112 cup hot water
- 1 cup Kefir
- 1 3/4 cup plain flour
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate soda
- pinch salt

Beat butter until creamy. Add sugar, eggs and vanilla essence and beat until light and fluffy. Blend the cocoa in hot water to make a smooth paste and gradually add to the creamed mixture. Sift together the flour, baking powder, bicarbonate of soda and salt, add to creamed mixture alternatively with Kefir. Stir lightly but thoroughly. Pour into two greased 20cm (8inch) sandwich tins and bake in a moderate oven for 30 minutes or until the top springs back when touched.

Chocolate Vienna icing

Beat 125g butter until creamy. Sift 2 1/2 cups of icing sugar and blend 3 tablespoons of cocoa with 3 tablespoons of hot water until smooth. Add icing sugar to the butter alternatively with sufficient of the cocoa mixture to desired spreading consistency.

Chocolate cheesecake

Crumb crust

- 3/4 cup crumbled muesli (or oatmeal)
- 1 teaspoon grated citrus peel
- 1 teaspoon cinnamon
- small amount of unsweetened orange juice

Filling

- 500 g low fat ricotta cheese
- 1 cup Kefir
- grated rind of one lemon
- 4 tablespoons apple juice
- 1/2 cup of honey
- 2 tablespoons arrowroot

Topping

- 1 1/2 cups crushed blueberry or blackberry

To make the crumbed crust, combine crust ingredients and press into a spring form tin lined with foil. Bake in a moderate oven for ten minutes and allow to cool.

To make the filling, combine ingredients until smooth. Pour onto prepared base and cook in a moderate oven for 35 - 40 minutes. Cool, then chill. Add the topping prior to serving.

Boiled fruit cake

- 500g mixed fruit A 1 cup sugar
- 3/4 cup water
- 1/4 cup Kefir
- 110 g butter
- 1 tablespoon nutmeg
- 2 eggs
- 1 cup plain flour
- 1 cup S.R. flour
- 1 teaspoon mixed spice
- 1 teaspoon bicarbonate soda

Place fruit, sugar, water, Kefir, mixed spice, nutmeg, butter and bicarbonate soda into a saucepan. Bring to the boil and boil for one minute. Allow to cool. Add beaten eggs and sifted flours. Pour into a lined cake tin and cook in a moderate oven for one hour.

No fuss Kefir cake

- 1 cup sugar
- 2 cups S. R. flour
- 1 cup coconut
- 2 eggs
- 1 cup butter
- 1/2 cup milk
- 1/2 cup Kefir

Beat sugar and butter until smooth and creamy. Add eggs (beaten), then milk, Kefir, flour and coconut and combine well. Place in a lined cake tin and bake in a moderate oven for one hour. Make icing as per packet directions and smooth over cake. Sprinkle with coconut and serve.

Kefir and Honey small cakes

- 1/2 cup sugar
- 2 eggs
- 1/4 cup milk
- 1/4 cup Kefir
- 1/4 teaspoon salt
- 1/2 cup butter
- 1/2 cup honey
- 1/2 teaspoon vanilla
- 2 cups S.R. flour

Cream butter and sugar until smooth and creamy. Add milk, Kefir, eggs, honey, vanilla, flour, and salt and combine well. Pour into patty cake pans and bake in a moderate oven for 25 minutes. Ice with icing and add a cherry to the top of each cake for decoration.

Banana Kefir crepe's

Batter

- 1 1/4 cups plain flour
- 1 cup milk
- 60 g unsalted butter (melted)
- 2 eggs
- 1/3 cup water

Sift flour into a bowl, add eggs and beat with a wooden spoon. Gradually add half the milk and beat until smooth and creamy. Stir in the remaining milk, water and butter. Chill for 30 minutes.

Filling

- 2 large bananas
- 1/4 cup Kefir
- 1 tablespoon honey

Combine Kefir and honey. Chop banana and add to the mixture. Refrigerate for 1/2 hour.

Sauce

- 60 g unsalted butter
- 1/2 cup reduced fat cream
- 1/2 cup packed brown sugar

Melt butter and add sugar, stir over low heat to dissolve. Simmer for 3 minutes (do not stir) Remove from heat and stir in cream.

Baked Kefir Custard

- 2 Eggs
- 25 g sugar
- 150 ml milk
- 300 ml Kefir
- 1tsp vanilla essence
- ground cinnamon or nutmeg

Beat the eggs with the sugar. Mix the milk, Kefir and the vanilla essence together and beat into the egg mixture. Put into a buttered baking dish. Sprinkle with cinnamon or nutmeg. Stand in a tray of warm water and bake at 180° C. Bake for 30 minutes or until set.

Kefir Drop Scones

- 25 g butter
- 25 g sugar
- 225 g plain flour
- pinch of salt
- 1 teaspoon of bicarbonate soda
- 1 egg (beaten)
- 250 ml Kefir

Cream together the butter and sugar, add the flour, salt, bicarbonate of soda, the beaten egg and Kefir to make a thick batter. Grease a frying pan and drop tablespoons of batter into the hot pan. Bake on each side until golden brown. Place in a clean tea cloth to keep warm. Serve hot with butter and jam or honey.

Crepe's

Heat 1 teaspoon of butter in a pan over a medium heat and add two tablespoons of batter. Turn the pan to coat the bottom with batter. Shake the pan to loosen the crepe and toss. Remove when golden. Spoon in the banana mixture and fold crepe in half. Serve topped with the caramel sauce.

Cheese

Seed cheese

- 1/4 cup almonds
- 1/4 cup sunflower seeds (or any other combination of nuts and seeds)

Grind the nuts / seeds very fine in a coffee grinder, mix well and put into a wide top glass jar. Add sufficient Kefir to moisten the mixture thoroughly and stir well. Stand covered for 4 - 6 hours at room temperature. The mixture resembles soft cheese. Use on toast, bread, and dry biscuits or as a dip. Store in refrigerator.

Ice cream

Passionfruit ice-cream

- 3/4 cup of sugar
- 3/4 cup custard (in carton)
- 1/2 cup passionfruit pulp
- 1/2 cup water
- 2 tablespoons Kefir
- 300 ml whipped cream

Combine sugar and water in a saucepan over medium heat. Bring to the boil and continue stirring for 2 minutes. Remove from heat. Fold the custard into the cream. Add the sugar to the passionfruit and then fold through the custard. Spoon into a small freezer container and freeze.

Kefir Ice-cream - banana

- 2 bananas
- 7.5 ml gelatine
- 225 ml boiling water
- 225 ml cold water
- 450 ml evaporated milk
- 175 g milk powder
- 100 g castor sugar
- 5 ml vanilla essence
- 1/2 cup Kefir

Dissolve gelatine in boiling water. In a large mixing bowl add the cold water, evaporated milk, milk powder, sugar and Kefir. Beat with electric mixer until well combined. Freeze until firm but not hard. Remove from freezer and mash with a potato masher. Add bananas and vanilla essence and beat with an electric beater until mixture doubles in size. Put into an empty ice cream container and freeze until hard.

Fruited Kefir ice cream

- 550 ml selected fruit pulp
- Juice 1/2 lemon
- Juice 1/2 orange
- 1 cup castor sugar
- 150 ml water
- 150 ml double heavy cream
- 1/2 cup Kefir

Place the sugar and water into a pan and stir over gentle heat until dissolved. Bring to the boil and boil for 4 - 5 minutes without stirring. Allow to cool. Mix the fruit and fruit pulp. Whip the cream and add to the fruit mixture. Combine well. Freeze in a spare ice cream container. Combine any fruit pulp, nuts or coconut with Kefir and freeze for a frozen popsicle.

Snacks

Kefir spinach soup

- 1 bunch spinach
- 1 large onion
- 1 cup Kefir
- 1 potato
- 2 carrots
- 1 veggie cube
- salt and pepper

Place the veggie's and vegetable stock cube in a small amount of water and simmer until soft. Allow to cool slightly. Blend with a blender until no lumps are noticeable. Add Kefir and season with salt and pepper. Serve hot.

Crab cups

Pastry

- 2 cups plain flour
- pinch salt
- 2 teaspoons water
- 1 teaspoon baking powder
- 2 teaspoons butter
- 1 teaspoon lemon juice

Sift dry ingredients, rub in butter. Mix to a dough with water and lemon juice. Turn onto a floured board and knead lightly. Roll out pastry to 1/4 inch thickness, cut rounds with a middle size glass, or cutter. Line tartlet tins with pastry.

Filling

- 2 oz cheese
- 1/2 cup Kefir
- 1/2 cup cream
- 4 oz crab meat
- 1 Tablespoon mayonnaise
- 1 egg
- 1/2 cup asparagus
- salt and pepper

Dice cheese finely and flake crabmeat. Place into pastry shells. Combine Kefir asparagus, mayonnaise, cream, egg, salt and pepper. Pour over crab mixture. Bake in a medium to hot oven for 25 minutes.

Dips

Mock Chicken

- 1 tablespoons butter
- 1 tablespoon grated onion
- 1 medium tomato (skinned)
- 1 egg (beaten)
- 1 tablespoon grated cheese
- 1 teaspoon mixed herbs
- 1 tablespoon Kefir

Place butter, onion, tomato, cheese, herbs and Kefir into a saucepan and simmer until onion is cooked. Add the beaten egg and stir until it thickens. Cool before use.

Spinach & Kefir

- 1 bunch fresh spinach
- 2 vegetable stock cubes
- 1 cup Kefir
- 2 cloves garlic
- 2 sprigs shallots
- Cornflour

Blend Kefir and stock cubes. Cook spinach until tender, add Kefir garlic and sliced shallots. Mix until well blended. Add cornflour to thicken. Add to your favourite crackers.

Marinade's

Kefir is the best marinade I have come across. Kefir marinade breaks down the toughest meat, tenderising while it adds flavour. Certainly a 10/ 10 from me!

Soya and honey Kefir marinade

- 2 tablespoons soya sauce
- 2 tablespoons honey
- 1 teaspoon chopped basil
- 1 teaspoon mixed herbs
- 1 cup Kefir

Combine ingredients in the written order. Mix well. It's great for chicken as an overnight marinade.

Chicken & garlic marinade

- 1 cup Kefir
- 2 tablespoons lemon
- 1 clove garlic
- 1 teaspoon chopped dill

Combine ingredients mixing well. Marinade fresh fish fillets overnight, or stuff a whole fish before baking.

Avocado Kefir marinade

- 2 soft avocado's
- 1 cup Kefir
- 1 clove garlic (optional)
- 1 tablespoon honey

Combine ingredients until well combined. Great for marinating turkey chicken or fish.

Dressings

Kefir mayonnaise

- 1 egg
- 1/2 teaspoon salt
- 2 tablespoons cornflour
- 1/4 cup vinegar
- 1 teaspoon mustard
- 2 tablespoons sugar
- 1/2 cup Kefir
- 1 tablespoon butter

Stir all ingredients until thick and creamy. Store refrigerated.

Kefir salad dressing

- 150 ml Kefir
- 1 teaspoon lemon juice
- 1 tablespoon mustard
- salt and pepper
- 1 teaspoon sugar (optional)

Beat the Kefir with the lemon juice and mustard. Mix in all the other ingredients. Add salt and pepper to taste.

Kefir salad dressing

- 1/2 cup Kefir
- 1/2 cup vinegar
- 1 teaspoon mustard
- 1 tablespoon honey
- 1 teaspoon mixed herbs

Combine ingredients well and refrigerate before use.

Pasta dishes

Tuna Kefir

- 1 packet pasta
- 1 tin tuna
- 1/2 cup Kefir
- 1 cup milk
- 1 cup cheese
- 1 tin corn
- salt and pepper
- cornflour

Warm milk and add cheese. Stir until cheese is melted. Add corn, tuna, Kefir, salt and pepper and warm through. Thicken with corn flour. Cook pasta as per packet directions. Place pasta into baking dish. Pour tuna mixture over the top. Warm in oven, serve hot.

Pasta Kefir Bake

- Sufficient pasta for 4 people
- 1 chopped onion
- 1 clove garlic
- 1/4 large red capsicum (diced)
- 2 sliced zucchinis
- 1 stick chopped celery
- 1 cup tomato puree
- salt to taste
- 1 teaspoon basil
- 1 1/2 cups of Kefir

Cook pasta as per packet directions, drain. Sauté onion, garlic, capsicum, celery, and zucchini in olive oil. Add tomato puree, salt, basil and cook until flavours are blended. Pour sauce over pasta in a casserole dish and mix well. Add Kefir and mix into pasta until coated. Bake in oven for 15 - 20 minutes. Serve with salad or steamed vegetables.

Dinner

Kefir Chicken

- 6 chicken breasts
- 1 cup Kefir
- 2 cloves peeled garlic
- 3/4 cup fresh coriander (lightly packed)
- 2 tablespoons virgin olive oil

Blend or process Kefir, garlic, coriander and olive oil and pour over raw chicken breasts. Leave in the refrigerator to marinate overnight. Pan fry or BBQ chicken until tender.

Asparagus Kefir potato bake

- 6 large potatoes
- 3 tablespoons margarine
- 1 teaspoon chopped chives
- 3 tablespoons Kefir
- 6 oz cheese
- 1 tin asparagus

Pre-bake potatoes in a hot oven until tender. Cut the top of of each potato, and scoop the cooked potato from the centre. Add the margarine to the scooped potato. Add the remaining ingredients and mix well. Spoon the potato mixture back into the shells and warm in the oven. Serve hot.

Vegetarian Kefir Lasagne

- 1 cup sliced onions
- 1/2 cup green beans (sliced)
- 1 1/2 cups cauliflower (cut into pieces)
- 2 carrots (sliced)
- 2 cups broccoli (cut into small pieces)
- 2 vegetable stock cubes
- 2 tablespoons parsley (chopped)
- 2 cups Kefir
- 4 tablespoons parmesan cheese
- 10 sheets lasagne pasta
- 240 g cheddar cheese
- 2 cloves garlic (crushed)
- 2 zucchini (sliced)
- 1 tin peeled tomatoes
- 1/2 cup tomato paste
- 1 teaspoon dried oregano
- 2 eggs (lightly beaten)
- Pepper to taste

Preheat oven to 180°C. Sauté onion and garlic in a little oil. Process the beans, cauliflower, carrots, broccoli, and stock cubes. Add to onions. Cook for 2-3 minutes. Add tomatoes, tomato paste, stock, and oregano. Simmer for 30 minutes. In a small bowl combine Kefir, eggs, parmesan cheese, parsley and pepper. To assemble, place alternate lasagne sheets, vegetable mixture and kefir mixture until all is used. Top off with cheddar cheese and bake in the oven for 10 minutes before serving.

Kefir chicken

- 2 tablespoons olive oil
- 2 onions (sliced)
- 3 red capsicums (sliced)
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 tin tomato soup
- 3-4 zucchini's (sliced)
- 500 g chicken breast fillets
- 1 small egg plant
- 250 g button mushrooms
- Black pepper
- 1/2 cup Kefir
- 200 g olives

Heat oil in fry pan. Add chicken breasts and cook 4-5 minutes or until golden brown. Remove chicken from pan. Add onion, eggplant, capsicum, mushrooms, oregano, basil and black pepper cook for 3-4 minutes. Add soup, Kefir, and chicken. Simmer 10-15 minutes. Add zucchini and olives. Simmer 5 minutes before serving.

Sour Baked Cabbage

- 500 g cabbage
- 300 ml Kefir
- salt and pepper
- 2 tablespoons breadcrumbs
- 25 g butter

Wash, quarter and shred the cabbage. Cook for a few minutes in boiling salted water so that the cabbage retains its crispness. Drain and put into buttered heatproof dish. Mix the Kefir with salt and pepper to taste and pour over the cabbage. Cover with breadcrumbs and dot with butter Bake for 20 minutes at 180° C.

Beef and Kefir chilli

- 750 g lean round steak
- 1 tablespoon oil
- 1 clove garlic (chopped)
- 1 onion, (chopped)
- 2 teaspoons cornflour
- 1 tin corn
- 1 red capsicum (chopped)
- 1/2 teaspoon ginger
- 2 teaspoons chilli
- 1/2 cup plum sauce
- 1/2 cup Kefir

Slice meat into thin strips. Heat oil in a pan and cook the onions and garlic for a minute. Add the beef and fry for 3 minutes. Add zucchini capsicum. Combine the ginger, chilli, plum, Kefir and cornflour before adding. Add corn and fry for 5 minutes. Serve with noodles or rice.

Tuna Bake

- 1 large can of tuna
- 2 sliced onions
- 2 chopped apples
- 2 chopped bananas
- 1 pint Kefir

Fry onions in a little oil, add apples, bananas, tuna and Kefir. Simmer gently until most of the Kefir evaporates and sauce thickens. Add 1/2 teaspoon curry. Bake in a moderate oven for approximately half an hour.

Salads

Potato salad with Kefir

- 1 medium onion
- 3 tablespoons butter
- 750 g potatoes
- 1/2 cup mixed herbs
- 2 vegetable stock cubes
- 1/2 cup Kefir

Cube potatoes and cook until just tender. Cool potatoes. Combine other ingredients well and add to potatoes. Refrigerate before serving.

Cucumber salad

- 1 large cucumber
- salt and pepper
- 1 small green pepper
- 150 ml Kefir
- 1 tablespoon chopped mint

Peel and slice the cucumber. Sprinkle with salt and leave for 30 minutes. Drain off the liquid and sprinkle the cucumber with pepper. Chop the green pepper finely and add to the Kefir. Stir in the cucumber. Pour into a serving dish and sprinkle with the chopped mint.

Kefir salad

- 2 cups grated carrot
- 1 cup tinned pineapple
- 3/4 cup Kefir
- 3/4 cup pineapple juice
- Salt
- 1 packet marshmallows
- 1 cup coconut

Combine ingredients well. Refrigerate before serving.

Beetroot salad

- 350 g cooked beetroot
- 150 ml Kefir
- salt and pepper
- 1 tablespoon chopped parsley

Slice or chop the beetroot. Mix the Kefir add salt and pepper to taste. Sprinkle with chopped parsley.



End Note

Today's trend leans toward a healthier mind, body and spirit. As our diets suffer due to the increasingly busy lifestyle and daily pressures, most of us would not be thinking of our health on the inside.

Kefir is truly a miracle food claimed to help detoxify your body, balance a suffering micro flora, build a healthy immune system and give you a natural beauty and well being on the inside.

Kefir is a living culture that ferments in milk, changing the structure of the milk (cows, soya etc.) adding the friendly bacteria of which our body's have slowly become depleted. Kefir is for anyone serious about looking after the fine balance of micro flora that protects us against our western world lifestyle.

The comprehensive facts of this miracle food is contained within, You'll be amazed at the benefits and enjoy the results of making your own fresh supply of daily Kefir.

Kefir is essential to today's diet, especially as we tend to eat more take away food, so we can have more time to spend with the family, work, play etc. Kefir is so easy to make at home, I would say just as easy as driving to the supermarket and buying a similar product.

Why not give it a go, you too can enjoy the many benefits of Kefir as me and my family has done for years. Enjoy and live with passion.



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