

## Fermenting Vol 3 Milk Kefir

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3 cups of organic milk. Put the kefir culture in the glass jar, then fill it with fresh milk. Cover the jar with a cloth or put the lid on the jar. (If you use a lid don 't fill the jar above two thirds or use a jar with a rubber gasket that will let any pressure escape.)

Milk Kefir Fermenting Guide - Kefir Grains Shop

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Can I ferment milk using just kefir whey? : Kefir

Fermented milk products or fermented dairy products, also known as cultured dairy foods, cultured dairy products, or cultured milk products, are dairy foods that have been fermented with lactic acid bacteria such as Lactobacillus, Lactococcus, and Leuconostoc.The fermentation process increases the shelf life of the product while enhancing its taste and improving the digestibility of its milk.

Fermented milk products - Wikipedia

Once your kefir grains have rehydrated and you have make a few batches of kefir they may start to get bigger and you start to wonder what are they made of. Kefir grans are made of polysaccharides, proteins and lipids inhabited by various bacterial and yeast species in a symbiotic relationship providing a wide variety of vitamins and minerals.

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