



## Kefir culture instructions:

### Please note.

Please note these cultures are dosed at 1 unit for 100 litres.

For 1 unit divide pack contents by pack size.

### KF1 culture.

- Bring milk to 38°C to 40°C and add culture.
  - For every 100 litres add one unit.
  - For smaller volumes for every one litre add 1 dosing spoon (0.25g).
- Mix the culture in to the milk thoroughly.
- hold 38°C to 40°C for 6 to 8 hours.
  - If using a yogurt maker follow the instructions provided.
- The kefir is ready when the yogurt has a consistency slightly thicker than milk.
- Stir well and store in fridge.

### Please note:

If the Kefir is too sour or lumpy the fermentation has been too long.

**If you have any questions, please contact us at:**

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