

Body Ecology's Young Coconut Kefir™

Young Coconut Kefir is an original Body Ecology discovery. It contains gut-enhancing microbes, including beneficial yeast, that increase in number as they consume the sugar in the coconut water. Fermenting also boosts the nutritional value of the potassium, natural sodium, calcium, and magnesium.

Fermenting Instructions

You can certainly ferment the water of fresh young coconuts, as we have for two decades, but we now suggest an even easier method. Aseptic packages of your favorite coconut water can be easily purchased, and the coconut water fermented following the instructions below (check the label to be sure it is free from artificial colors, flavors, and preservatives).

FOR THE INITIAL FERMENTATION:

1. Using only 1 cup from a 33.8 ounces (1L) carton of coconut water, warm it to 92° F (skin temperature). Use an inexpensive thermometer if desired.
2. Place the 1 cup of warmed coconut water into a glass jar.
3. Add one package of **Body Ecology's Kefir Starter** and let it ferment for 24 hours at a temperature of about 76° F (a warm room temperature).

4. This first cup of starter can now be used to inoculate a larger batch(es) of packaged coconut water.

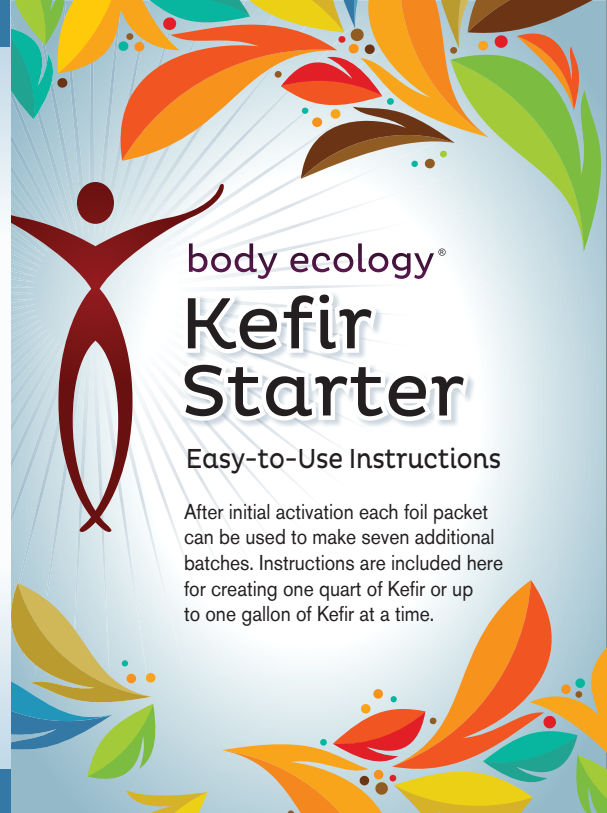
For each quart of warmed coconut water add 2-4 ounces of previously fermented coconut water.

Always allow to ferment approximately 24 hours, then refrigerate and drink. It will keep for 3-4 days. It should taste mildly tart and tangy.

NOTE: It is important to keep the fermentation temperature stable throughout the entire fermentation time. An incubator is recommended.

POPULAR HOME INCUBATORS:

- Waterbridge™ electric plate warmer (small size) – make an enclosure around the jars of coconut kefir as they ferment – Amazon.com
- Brod & Taylor™ Folding Proofer – brodandtaylor.com
- Luvele™ yogurt maker – luvele.com



body ecology®

Kefir Starter

Easy-to-Use Instructions

After initial activation each foil packet can be used to make seven additional batches. Instructions are included here for creating one quart of Kefir or up to one gallon of Kefir at a time.

Body Ecology's Milk Kefir Instructions to Activate Starter for Initial Usage

1. Into container (preferably glass with air tight lid), mix together the entire contents of one foil package of Body Ecology's Kefir Starter and one quart of slightly warmed milk (about skin temperature or 92° F).
2. Stir or whip with with a whisk to mix well. Put lid on container. Once it is mixed leave it to ferment and do not agitate.
3. Let this mixture ferment at 72-75°F for 18 to 24 hours. (You will notice it is ready if the milk has thickened and has a distinctive, sour fragrance. Final consistency is pourable but not "eat with a spoon" thick.)
4. Once thickened, shake or stir vigorously and place into the refrigerator. Even in your refrigerator the fermentation process continues, but chilling will slow down the fermentation of the healthy bacteria and beneficial yeast.

Transfer Instructions

Once your initial batch of kefir has been made and before you finish drinking it, start your second batch. Take some of your previous batch of kefir and add it to a new batch of warmed milk. You may repeat this step up to seven times before you need another foil packet. Body Ecology's unique kefir starter contains strong, viable lactobacillus bacteria and two strains of beneficial yeast that are unusually hardy, making the transfer process possible. You won't find this with other starters.

- 1 quart of organic milk: Use 6 Tbsp. of previous batch
1/2 gallon of organic milk: Use 2/3 cup of previous batch
1 gallon of organic milk: Use one cup of previous batch

When you transfer kefir into new milk, be sure not to add more than the recommended amounts of previous batch. Adding too much kefir from your previous batch can result in a taste more sour than you prefer.

Enjoy your kefir plain or add Body Ecology's Stevia Liquid Concentrate, non-alcoholic flavorings like banana, strawberry, coconut, peach or vanilla (available at your local health food store), or other spices such as nutmeg or cinnamon.

Making a "Farmer's Style" of Kefir Cheese is Easy (allowed on the second stage of the Body Ecology Diet)

Directions:

1. Make kefir as instructed, but let the freshly made kefir remain at room temperature for several hours longer. Suddenly you will see the curds (milk protein) separate from the whey.
2. Now line a strainer with cheesecloth. Place strainer over a bowl and pour the curds and whey mixture through the strainer. The strainer will catch the "cheese" or curds and the whey will go into the bowl. Place the bowl and strainer into your refrigerator and let it drain for several more hours. Store in a covered container for up to 5 days.

Warning: Once the kefir is placed into the refrigerator and cooled, the fermentation process is inhibited. You cannot then bring it back out to room temperature to turn into cheese.

Uses for Your Kefir Cheese

This cheese is excellent tossed into salads. Also delicious flavored (e.g. chopped onions, garlic, sea salt, fresh herbs) and served with an assortment of raw vegetables.

Uses for Whey

Body Ecology recommends soaking all your grains before cooking them. This makes them more digestible and releases the phytic acid. Several tablespoons of the microflora-rich whey can be added to your soaking water.

In Europe whey is sold as a delicious beverage. Try sweetening it with Body Ecology's Liquid Stevia Concentrate, flavored with non-alcoholic flavorings or fresh lemon or lime juice.

Special Tips

- Once kefir is made it will last approximately 1 week in the fridge.
- When making kefir at home you can choose the best kind of milk for your body: whole, low-fat, non-fat, goat or soy milk.
- Goat milk requires more starter when making initial batch. Use one foil packet to 2 cups of milk.
- The fat in milk makes a thicker kefir. With non-fat milk use 1 teaspoon non-fat milk powder per quart of milk. Add with starter.

» SEE OTHER SIDE FOR BODY ECOLOGY'S COCONUT KEFIR »

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