

Horseradish spread on homemade rye bread



Ingredients:

- 150 g creamy kefir (left on a sieve for 8 hours)
- homemade bread - wholemeal loaf
- 1 tbsp freshly grated horseradish
- chive
- salt
- freshly ground black pepper

Horseradish spread with creamy kefir

Put a cheesecloth over a bowl and pour in your kefir. Use milk kefir made with kefir grains. You can also use Cheese Maker for straining kefir. Leave it in the refrigerator for at least 8 hours. Its structure will resemble to that of sour cream. Add the grated horseradish, salt and freshly ground black pepper to your kefir and mix. Spread on your homemade bread - wholemeal loaf and sprinkle with minced chive.

You can also use it as a dip with cooked beef. This combination is very common meal usually eaten on Sundays in our country.

You can always flavour your strained kefir differently or use it with other recipes. Consistency of the strained kefir gives you many different opportunities. You can make different kinds of spreads, combine it with sweet or sour ingredients. You can even use it with baking where you can replace it in recipes that require sour cream or yogurt.

See more kefir recipes [here](#).

Products used to prepare this recipe:



Kefir Fermenter

[Buy on Kefirko.com](https://www.kefirko.com)



[Organic Black Pepper](#)

[Buy on Kefirko.com](#)



Cheese Maker

[Buy on Kefirko.com](https://kefirko.com)



[Sea Salt](#)

[Buy on Kefirko.com](#)