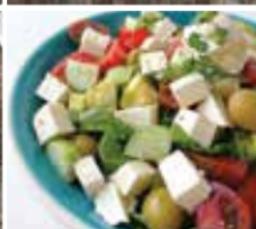


Delicious Cheese Recipes



Kefirko[®]

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KEFIR CHEESE

Ingredients:

- *0,6 l (20 oz) milk kefir*

Ferment the milk using milk kefir grains. Pour one batch of the milk kefir in the mesh basket of Kefirko Cheese Maker and cover with the top lid. Leave to strain for 24 hrs in the fridge. Once the cheese is thick enough for your taste, take it out of the mesh basket.

Shape the cheese with spoon and roll it in chopped nuts, herbs or dry fruit. Serve with bread or crackers.

Flavoring ideas:

- *chopped walnuts and chocolate, ground cinnamon*
- *ground chilli and pepper, chopped herbs*
- *chopped dry raspberries and pistachios*



FRESH CHEESE

Ingredients:

- 2 l (68 oz) milk
- 2 tsp rennet

Heat the milk until lukewarm. Put in the rennet, remove from the heat and stir. Leave overnight to thicken. The second day pour it into bigger colander and cover with cloth. Save the liquid that strains - whey. You will use it afterwards to store the cheese in it. Wrap the cheese in cloth and hang it to strain. After 6-10 hrs put the cheese into Kefirko Cheese Maker. You can put herbs and spices at this time. Put salt on the top and attach the pressing spring to make harder cheese. Put it into the fridge overnight or for a day or two.

You can serve it with a drizzle of olive oil, honey, with tomatoes cut into pieces over the salad. It's also great to prepare it on the grill.



CHEESE PIE (CHEESE BUREK)

Ingredients:

- *4 l (135 oz) fresh milk*
- *1 pack of filo pastry (300-500 g/10-17 oz)*
- *2 tbsp creamy kefir cheese (see recipe p. 4)*
- *1 tsp salt*
- *oil*

Curd cheese filling:

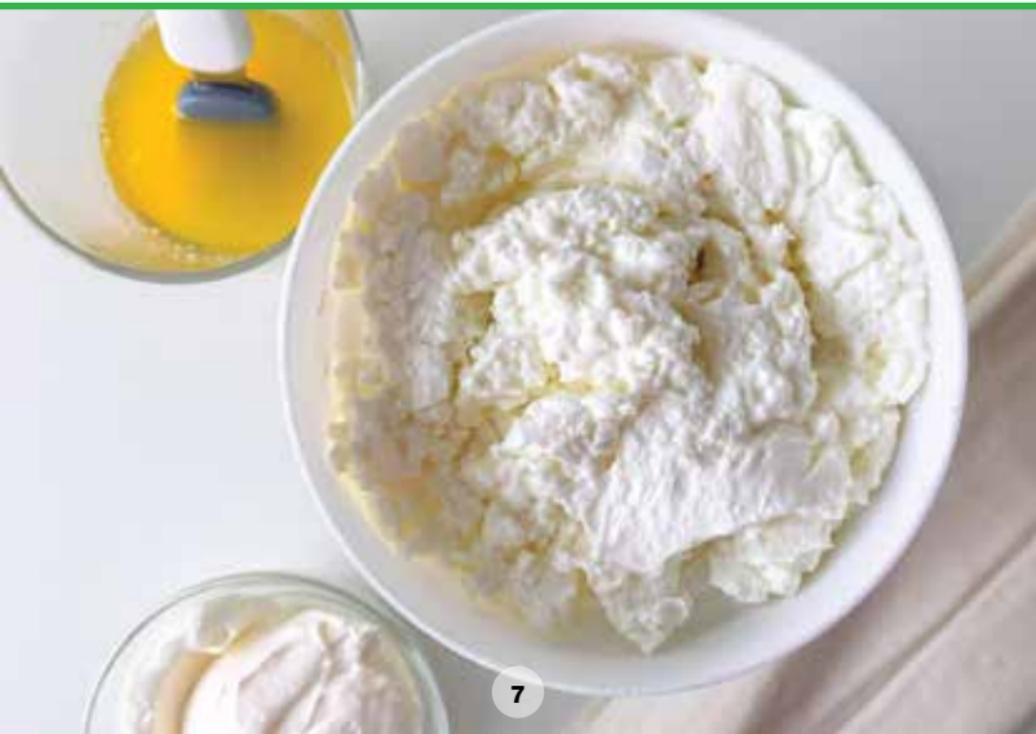
Leave milk in a dish on the room temperature for 12-24 hrs until it thickens so you can cut through it. Put it on the stove and heat it to approx 80 °C (175 °F) - do not boil - until the solids separate from the whey. Use the round spatula with holes to transfer it into the Kefirko Cheese Maker mesh basket. If needed pour out the extra whey, or use the big Kefirko jar (1,5 l/50 oz). Leave to strain for

6-12 hrs. The longer it strains, thicker it becomes. You will get about 500-600 g (17-21 oz) of curd cheese which is the measurement of the mesh basket. Mix in the creamy kefir cheese.

Cheese pie/burek:

You can roll it or make it in layers. To make it in layers, grease sheets of dough. You can use two sheets for each layer when using the store bought dough. Lay two sheets of greased dough on the bottom of the pan then add cheese filling and cover it with two sheets of dough. Repeat this a few times, you should make at least 5-7 layers. Put three sheets of greased dough on the top. Bake for 40-50 minutes at 200 °C (390 °F) then cut it to triangles and serve it together with yogurt or kefir.

Don't trash the remaining whey! It's very healthy and full of proteins and can be used in different dishes (pancakes, smoothies etc.).



HOMEMADE MASCARPONE

Ingredients:

- 500 ml (17 oz) cream (from dairy, whole fat)
- 1 tbsp lemon juice

Heat the cream to 80-90 °C (175-195 °F). If you don't have the thermometer, note this is when the bubbles are starting to appear, just before boiling. Mix in the lemon juice and heat for another 10 minutes. Stir a few times and don't let it boil.

The cream will become thicker. Remove from heat and cool. Pour it into the Kefirko Cheese Maker mesh basket and leave in the fridge overnight to strain. You should get thick mascarpone the next day.



TIRAMISU

Makes 4 cups of tiramisu

Ingredients:

- 500 g (17 oz) *homemade mascarpone cheese*
- 4 *egg yolks*
- 4 *tbsp sugar*
- 1 *cup black coffee with a touch of amarette*
- *dark cocoa*
- 1 *box of cookies (we used hazelnut wafers)*

Beat the egg yolks with sugar until smooth and increased in volume for at least 4 times and sugar is dissolved. To get the best results you should use a mixer at highest speed for at least ten minutes. Gently mix in the mascarpone with a spatula. If the mascarpone was stored in the fridge and got too thick, stir in the beaten egg whites. If the mascarpone is fresh there is no need for egg whites since it should be creamy and puffy enough. You can use glasses or a tin to assemble the tiramisu. Soak the cookies in the coffee. Use cocoa if you don't like coffee or are making it for kids. Put the soaked cookies on the bottom and sprinkle the layer with cocoa. Spread half of the cream on top of the cookies. Repeat the whole process again. Finish with the top layer of cream and sprinkle it with the cocoa. Put in the fridge overnight or for at least 6 hrs if you can't resist.





RICOTTA

The word “ricotta” means heating for the second time. Ricotta is very rich with proteins. It’s made from whey that is the byproduct when making the cheese.

Fermented secondary whey:

To help extract the proteins we add a fermented secondary whey which (more than primary whey) supports immune system and has a cleansing effect. To get fermented secondary whey, you have to add lactic acid to primary whey (the sweet whey that is a byproduct of making cheese). The fermented secondary whey can be stored longer than

primary whey and contains almost no proteins. It stimulates liver function and detoxifies and stimulates digestion. In addition, it's an exceptional antibacterial and antifungal acting probiotic.

When we want to make ricotta from goat or sheep milk there is no need for secondary whey since the proteins extract easily by heating the primary whey over 90 °C (195 °F). With cow milk this does not happen as easily. Therefore we need the fermented secondary whey to help extract proteins and make ricotta cheese. If we don't have secondary fermented whey we can use citric acid or lemon juice.

Ricotta is considered one of the best quality cheeses. It contains beneficial proteins and almost no casein that many have sensitivity to. But note, if you add milk in the process of making this cheese from whey, it will contain casein.

Ingredients:

- *2 l (68 oz) primary whey*
- *100 ml (3,5 oz) fermented secondary whey (or 1 tsp citric acid, 2 tsp lemon juice)*
- *200 ml (7 oz) fresh whole milk*

Add milk to primary whey and heat to 92 °C (200 °F). Just before boiling add the fermented secondary whey. The ricotta should start thickening at the top. Pour into the Kefirko Cheese Maker to strain it. Though most of the whey should strain quickly, leave to strain for 24 hrs.

If you don't want to add milk to whey you will get less ricotta, but it's worth it to get best quality ricotta.

You can serve it as a salty or sweet dish. If you want to store it in the fridge longer, add some salt.



COTTAGE CHEESE

Ingredients:

- 1 l (34 oz) milk
- 2 tbsp kefir

Combine the ingredients and leave at room temperature for at least 24 hrs. It's best to use homemade kefir because of its high probiotic value. When the milk thickens cut it to 1 cm big cubes. Slowly heat it to 45 °C (115 °F), this has to happen very slowly so that the grains can formulate and thicken.

The whey will start to separate from the solid cheese. Put it into the Kefirko Cheese Maker to strain. Then rinse it under running water three times so the grains separate and the cheese gets more mild in taste. Put the cottage cheese into the Kefirko Cheese Maker and leave overnight to strain.

Cottage cheese can be served as sweet or salty dish. If you want to store it in the fridge longer add some salt.



NOODLES WITH COTTAGE CHEESE

Makes 4 servings

Ingredients:

- *1 cup cottage cheese*
- *500 g (17 oz) noodles*
- *1 tbsp butter*
- *½ cup ground walnuts*
- *1-2 tbsp buckwheat*
- *honey*

Cook the noodles in salted water, following the instructions of the producer. In the meantime prepare the buckwheat flakes: heat non-sticking flat pan and put in the buckwheat, when they pop remove them from the pan immediately.

When the noodles are cooked, strain them. Put in the butter and stir until melted. Serve proper amount of noodles on the plates. Top with cottage cheese and walnuts, sprinkle some buckwheat flakes and drizzle honey over it.



HOMEMADE MOZZARELLA

Ingredients:

- 1 l (34 oz) fresh milk
- 1 tsp rennet
- ½ tsp citric acid

Pour the milk and citric acid into the pot and heat to 35 °C (95 °F) to let the milk coagulate. Take down from the heat and stir in the rennet. Leave to rest for about 5-10 minutes to allow the milk to thicken. Cut to cubes with a knife and heat to 40 °C (105 °F) to help the solids separate from whey.

Put the cheese in the Kefirko Cheese Maker mesh basket. Push down with a spoon to help the whey to strain faster. Pour the strained whey back to a pot and heat to 80 °C (175 °F). Take the cheese out of the mesh basket and knead it into a ball. Use the plastic gloves for hygiene and because of the warmth of the hands.

Pour the heated whey into Kefirko Cheese Maker and dip in the mozzarella ball for 30 seconds, using the mesh basket. Mozzarella has to be covered in whey. After 30 seconds take the mozzarella out, stretch it and knead it back to a ball. Then dip it again in heated whey. Repeat this process at least 5 times until it's smooth and stretches properly. If the whey is too cold, heat it up using the pot again.

If you can't stretch smoothly the mozzarella ball, you can put it into a microwave for 15 seconds on 700 W then try kneading it again.

To store mozzarella, put it into the mesh basket in Kefirko Cheese Maker and pour in the whey to cover the cheese. Keep it in the fridge.



HIBISCUS-ROSE ICE TEA

Prepare a delicious warm or cold tea with fruits or herbs. Add some fresh seasonal fruits for the fruit tea or ferment the tea as water kefir and you will get a probiotic beverage.

Ingredients:

- 1-2 tsp *hibiscus leaves*
- 1-2 tsp *rose leaves*
- 0,6 l (20 oz) *water*

The best water temperature for making tea is around 80 °C (175 °F) to preserve the active substances. If we don't have a thermometer, boil the water and leave it for 5-10 minutes at room temperature. Put hibiscus and rose flowers into the mesh basket of Kefirko Cheese Maker. Pour over hot water and leave to rest. After at least few minutes take out the mesh basket and leave the tea to cool down. Add ice cubes and pieces of fresh apples and tangerines. For the big Kefirko jar (1,5 l/50 oz) double the amount of leaves.



ICE COFFEE

Prepare your morning coffee with Kefirko Cheese Maker.

Ingredients:

- *ground coffee*
- *water*
- *sugar (optional)*
- *ice cubes*
- *cream or condensed milk*
- *ice cream*

Put the appropriate amount of coffee into the mesh basket of Kefirko Cheese Maker. Slowly pour the hot water (not more than 80 °C/175 °F) over it and use the pressing spring to press on it. Wait until the liquid strains through and the coffee sediments remain in the mesh basket.

Add sugar to taste and few cubes of ice to the coffee to make ice coffee. Flavour it with cream or condensed milk and few scoops of ice cream and enjoy the treat.



RATATOUILLE ROLLS

Ingredients:

- 1 zucchini
- 1 eggplant
- 250 ml (8,5 oz) tomato sauce
- carrots
- fresh cheese (see recipe p.5)
- mozzarella (see recipe p.14)
- red pepper
- olive oil
- salt and pepper
- fresh oregano

Cut the eggplant and zucchini to slices and quickly fry them in the pan on both sides on few drops of oil. Cut the carrots and red pepper to stripes and fry them quickly in the pan. The veggies still have to be crispy. Cut the fresh cheese to stripes.

Grease the baking pan or use baking paper and start assembling the ratatouille. On each slice of eggplant or zucchini put the fried vegetables and few stripes of cheese then roll them. Use the appropriate amount of filling for each slice of eggplant. If you have bigger eggplants, you can put more filling in. Pour the tomato sauce into the pan then put in the rattatouille rolls. Top with grated mozzarella and bake on 220 °C (430 °F) for 20-30 minutes until the mozzarella gets golden brown color.



FRUIT WHEY SHAKE WITH BANANA ICE CREAM

Ingredients for ice cream:

- 200 g (7 oz) greek yogurt (see recipe p.24) or mascarpone (see recipe p.4)
- 1 banana
- vanilla essence

Put the mascarpone or greek yogurt into the freezing molds and freeze them. Cut the banana into pieces and freeze them on a baking sheet. Put all the frozen ingredients into food processor and grind until smooth and creamy. You can use the ice cream right away or freeze it for later.

Ingredients for the shake:

- 300 ml (10 oz) whey
- 1-2 scoops of ice cream
- 1 banana (or other fruit)
- 100 g (3,5 oz) greek yogurt
- figs

Put all the ingredients except figs to the food processor and blend until the consistency is right. Cut the figs to slices and press them against the big glass jar. Pour in the smoothie and serve cold.



CHOCOLATE PUDDING

Ingredients:

- *500 ml (17 oz) whey*
- *2 egg yolks*
- *2 tbsp corn starch*
- *2 vanilla powder packs*
- *200 g (7 oz) dark chocolate*
- *1 tbsp sugar*

Heat 450 ml (15 oz) of the whey in a pot. Put the remaining whey in a bowl and stir in all the ingredients except chocolate. Stir it until smooth and watch out for any lumps.

When whey comes to boiling, remove from the heat and pour in the mixture of ingredients while stirring. Stir with a whisk and put back to low heat, continue stirring until it's thick enough. Quickly add broken down pieces of chocolate and stir until the chocolate melts. Pour in 4 small glasses or jugs and wait until it's cold and solid.

Serve with whipped cream, cocoa or candied orange peels.





AVOCADO AND FRESH CHEESE SALAD

Ingredients:

- *fresh cheese (see recipe p.5)*
- *avocado*
- *cucumber*
- *olives*
- *tomato*
- *arugula*
- *other veggies depending on taste/season*

Dressing:

- *2-3 tbsp whey*
- *1 tbsp olive oil*
- *½ avocado*
- *1 tsp lemon juice*
- *salt*
- *pepper*

Mix all the ingredients for the salad dressing in a blender until smooth and pour it to the serving plate.

Clean and cut the veggies into cubes and put them on the plate on top of the dressing. Start with bigger, leafier pieces and put the small ones on the top. Cut the fresh cheese (you can grill it) and put it on the top of the salad.



SOURDOUGH BREAD WITH KEFIR AND WHEY

Sourdough culture:

- *1 tbsp rye flour*
- *3 tbsp white manitoba flour*
- *200 ml (8 oz) kefir*
- *1 tsp sugar*

Mix all ingredients and put them into Kefirko glass jar. Cover with top lid and leave in warm place 6-24 hrs. If the room is not as warm, the time it takes to ferment is longer. You can put it near the heat source to make this happen faster. When the bubbles appear, the mix is ready to use for making the bread.

Ingredients:

- 100 g (3,5 oz) sourdough culture
- 500 g (17,5 oz) manitoba flour
- 300 g (10,5 oz) whey
- 10 g (0,4 oz) salt

Sift the flour into a bigger bowl. Add the whey and sourdough culture and knead for at least 20 min. Cover and leave to rest for one hour. Add the salt then knead again. Cover with kitchen foil and leave to rise for 2-3 hrs. Sprinkle some flour on the kitchen top and gently turn over the dough on the table using spatula. Start pulling the ends of the bread apart then attach them to the middle. Repeat few times until the bottom of the dough becomes a bit tighter. Put the dough in cloth-covered basket with the part of the bread with attached ends on the top. Cover with foil and leave to rise in the fridge for 17-30 hrs. Take the dough out of the fridge and leave it covered at room temperature for 2 hrs. Heat the oven to 240 °C (470 °F). Put in a baking dish with water on the bottom of the oven to get some steam. When the oven is heated start preparing the bread. Flour the top of the baking dish and gently turn the dough on it. Make some cuts on the top so the bread doesn't break while baking. When you put the bread into the oven lower the heat to 220 °C (430 °F). Bake for approx 40 min. You will know the bread is done when there is a hollow sound when you knock on it. Cool it down on the rack before serving.





GREEK YOGURT

Ingredients:

- *1 regular yogurt*

Use the yogurt with more fat to get creamier and more tasty greek yogurt. Put the yogurt into Kefirko Cheese Maker and leave it in the fridge for at least 5 hrs to strain. You should get a thick yogurt. Greek yogurt is much more creamier than regular one and it loses the acidity of the regular one.

You can use Greek yogurt for cooking or serve it with walnuts, honey and fruit just like the Greeks.

ALMOND MILK

Ingredients:

- *almonds*
- *water*
- *salt, sugar (to taste)*

Put a handful of almonds in the mesh basket of Kefirko Cheese Maker and pour in the water. Soak them overnight. In the morning strain them and wash them under running water. Blend well the almonds with approximately 500 ml (17 oz) of water and a pinch of salt. You can also add some sugar or sugar substitute. Put the mix into Kefirko Cheese Maker and strain well with the help of pressing spring.

Store the milk in the fridge up to three days. The pulp that was left in the mesh basket can be used for baking muffins. You can also use almond milk to prepare almond milk kefir using milk kefir grains. If you added sugar already you don't have to add it again when fermenting.





COCONUT KEFIR CHEESE

One of my favorite things to do with coconut kefir cheese is to top it with pineapple and shredded coconut and drizzle with honey and a splash of rum.

Ingredients:

- *2 cups coconut kefir*

Pour prepared coconut kefir into the Kefirko Cheese Maker mesh basket. The glass jar will catch the whey which is the liquid that will strain through the mesh. Cover and place in the fridge overnight. I normally get about 1 cup of whey and 1 cup of coconut kefir cheese out of 2 cups of coconut kefir. The next day you have a beautiful lump of coconut kefir cheese in the filter. Remove the cheese from the mesh basket and save the whey that has dripped into the jar for making fermented drinks or cultured vegetables by placing the whey in a glass jar in the fridge. You can use the cheese immediately or place it in an airtight container in the fridge.



COCONUT ALMOND KEFIR ICE CREAM

This is a great way to enjoy kefir with coconut or almond milk. Remember, you can make kefir in any kind of milk.

Ingredients:

- *1 cup kefir cheese (It's even better if you use coconut kefir cheese)*
- *3 cups almond milk*
- *1 ½ cups coconut milk full fat*
- *1 tsp rum vanilla extract*
- *¼ cup stevia*
- *1 cup shredded coconut*

Place kefir cheese, almond and coconut milk, vanilla, and sweetener into a blender and blend for 15 to 20 seconds. Add to ice cream freezer and freeze according to manufacturer's instructions.

Toasted Coconut

Preheat oven to 200 °C (400 °F) and place shredded coconut on a baking sheet. Place baking sheet in oven and bake for 5 to 7 minutes or until coconut is toasted brown. Sprinkle ice cream with toasted coconut.

GINGERBREAD BARS WITH KEFIR FROSTING

Molasses gives these bars their rich flavor. Molasses is a rich source of nutrients, and it contains a number of essential minerals, such as calcium, magnesium, manganese, potassium, copper, iron, phosphorous, chromium, cobalt, and sodium. Blackstrap molasses is the type of molasses I use since it has a low glycemic index. This means the glucose and carbohydrates are metabolized slowly, demanding less insulin production and stabilizing blood sugar.

Ingredients:

- *1/2 cup coconut oil melted*
- *3/4 cup coconut sugar*
- *1/3 cup blackstrap molasses*
- *1 tsp vanilla*
- *1 egg*
- *2 tsp baking soda*
- *2 cups sprouted whole wheat flour*
- *1 tbsp cinnamon*
- *1/4 tsp nutmeg*
- *1/2 tsp ground ginger*
- *1/2 tsp celtic sea salt*

Kefir frosting

225 g (8 ounces) cream cheese

1/2 cup kefir cheese

2 tbsp honey

1 tsp vanilla



Sprouted Gingerbread Brownies

Preheat oven to 175 °C (350 °F). Grease a 9×13 inches baking pan.

In a large bowl, whisk together coconut oil, coconut sugar, molasses, and vanilla. Add the egg and whisk until combined. Add baking soda, sprouted flour, cinnamon, nutmeg, ginger, and salt. Mix until well combined.

Spread dough evenly into the greased pan. Bake for 15-20 minutes. (Do not overcook). Remove from oven and allow to cool completely. Top with kefir frosting.

Whisk softened cream cheese, kefir cheese, honey, and vanilla together. Once the bars are cool, you may spread your frosting on the top. Garnish with sprinkles. Cut into squares and serve.

KEFIR FESTIVE PIE

This recipe can be tweaked and made many ways. You can make it dairy free with coconut kefir cheese and tofutti. It can also be sugar free, which is how I make it, with stevia. It is also gluten free. Any way you decide to do it, you should really make this recipe. It's pretty awesome. And remember, tofu is a fermented food too!

Ingredients:

- *1 cup dried cranberries*
- *1 cup walnuts*
- *1 cup pecans*
- *pinch sea salt*

Pie filling

- *2/3 cup kefir*
- *1 cup kefir cheese*
- *1/2 cup honey or maple syrup (I used 1/4 cup powdered stevia for a sugar-free option.)*
- *1 tsp peppermint extract*
- *1 cup (8 ounces) cream cheese (dairy free)*
- *3 tbs coconut oil (melted)*
- *1 1/2 cups (12,3 ounces) tofu (silken, firm)*
- *1 whole organic candy canes (crushed)*

Crust

Place dried cranberries, walnuts, salt, and pecans in a food processor. Blend until the mixture starts to stick together. It usually takes a minute or two. Press the mixture into an 8-inch pie pan and place in the fridge.



Filling

Blend all ingredients, except candy canes, in a high-speed blender or food processor. Pour into a pie pan and freeze for 3 hours. Then you can store it in the fridge or keep it frozen. Top with crushed organic candy canes before serving!

PUMPKIN KEFIR CHEESE ICE CREAM

Top with cinnamon toasted pumpkin seeds.

Ingredients

- *1 cup pumpkin unsweetened, puréed or canned*
- *1 tsp vanilla extract*
- *2 cups heavy cream*
- *½ cup maple syrup*
- *¾ cup kefir cheese*
- *½ tsp cinnamon ground*
- *½ tsp ginger ground*
- *¼ tsp celtic sea salt*
- *pinch nutmeg freshly grated*
- *1 tbsp bourbon optional*

Cinnamon Toasted Pumpkin Seeds

- *1 cup pumpkin seeds raw*
- *1 tbsp butter melted*
- *2 tsp whole cane sugar*
- *1 tsp cinnamon ground*
- *1 tbsp celtic sea salt*

Place all ingredients in blender and blend for 20 seconds. Pour into ice cream maker and freeze according to manufacturer's instructions.

Top with cinnamon toasted pumpkin seeds.

Cinnamon Toasted Pumpkin Seeds

Preheat oven to 135 °C (275 °F).

Wash pumpkin seeds by rinsing in a colander until the water runs clear, picking out any remaining pieces of pumpkin. Drain well and pat dry with a paper towel.

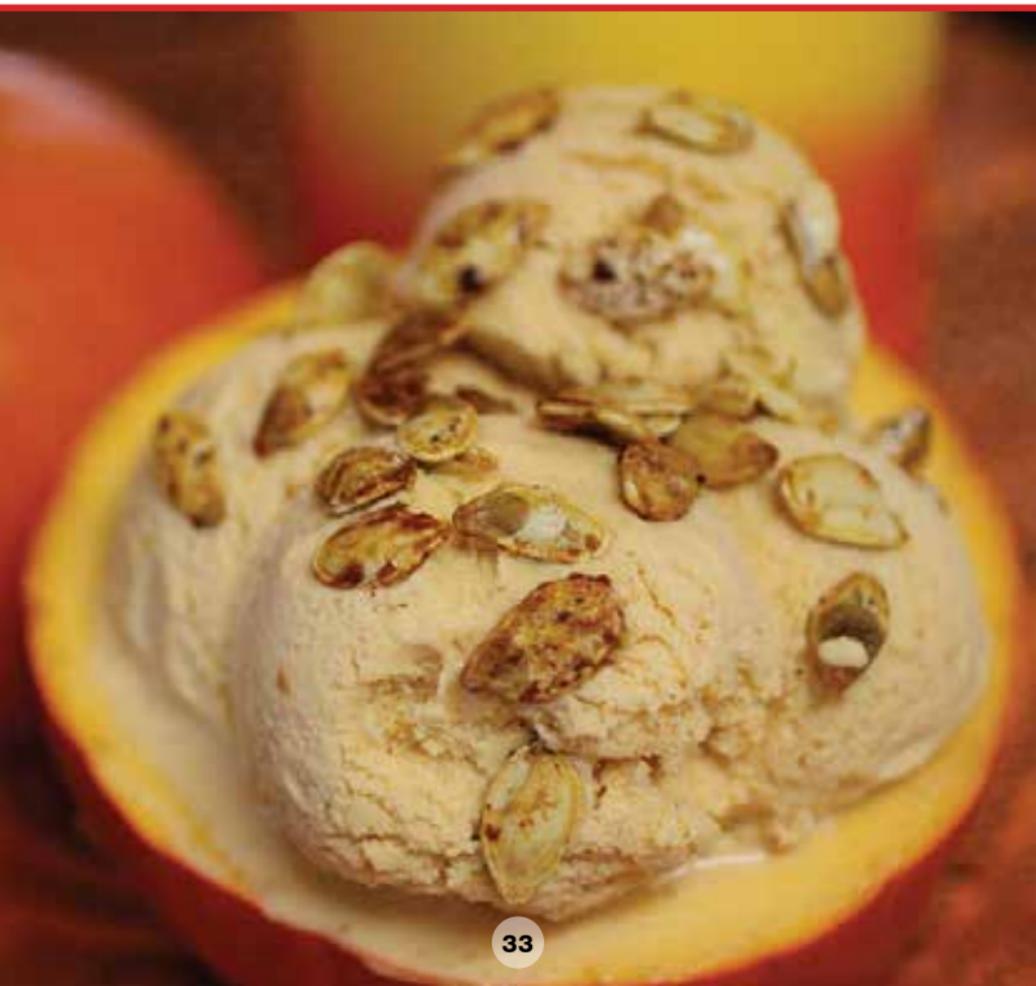
Pile pumpkin seeds on the cookie sheet and drizzle melted butter over the pile of seeds. Sprinkle on the sugar, cinnamon, and a pinch or two of sea salt.

Gently toss seeds until evenly coated and spread the seeds out evenly on the cookie sheet.

Bake for approximately 30 minutes or until lightly toasted, stirring seeds every 10 minutes and checking for doneness each time.

Remove from oven and let the seeds cool for a few minutes.

Remove seeds from cookie sheet and serve!



KEFIR WHEY LEMONADE SODA

You can substitute the orange juice for lemon juice in this recipe. I like to double the amount of orange juice making it 4 ounces and then add less water. It's becoming one of my very favorite recipe.

Ingredients:

- 700 ml (24 ounces) water
- ¼ cup raw sugar
- 60 ml (2 ounces) lemon juice (fresh squeezed, orange juice works too)
- 120 ml (4 ounces) kefir whey

Pour the sugar into a jar and add just enough warm water to dissolve the sugar. Add lemon juice and make sure the liquid is at room temperature and then add the kefir whey. Pour the mixture into a bottle made for brewing and secure a tight lid and seal on bottle. Cover tightly and let sit on the counter for 2-3 days or until the mixture is bubbly and tart. Checking often to make sure bottle doesn't explode. Place in the refrigerator and the bottle will continue to ferment slowly. If it gets too tart, add stevia or a little honey to sweeten.



WHIPPED KEFIR TOPPING

This will last in a sealed container in the fridge for up to a month.

Ingredients:

- *1 cup cream*
- *4 tbsp kefir cheese, heaping*
- *stevia or honey to taste*

Topping ideas:

- *dusting of cinnamon*
- *dusting of cocoa powder*
- *a pinch of sea salt*

Mix with an electric mixer on low speed until the cream thickens enough to not spatter. Increase speed to medium-high and add stevia or honey. Continue to whip until the cream starts to hold soft peaks. Gently fold in the kefir cheese with a rubber spatula or whisk. Add your favorite topping! (optional)



APPLE GINGER KEFIR SODA!

(with kefir whey!)

This is a delicious and easy soda to make! You can make it within a couple of days and your kids will love it!

Ingredients:

- 1 cup apple juice
- ¼ cup kefir whey
(must be fresh)
- 2 ½ cups water
- 2 tbsp ginger juiced

Juice your ginger using either a garlic press or a juicer. Add all ingredients into a big Kefirko glass jar (or cut the recipe in half to use small jar).

Allow to ferment 2-5 days. After 2 days, burp the bottle once a day until ready if possible. Once fizzy put in the fridge or drink immediately. This will last a few weeks in the fridge. But may need to be burped. You can use 1/2 cup of this soda as a starter for your next batch. Just replace the kefir whey with the already fermented soda.





CHEESE BALLS WITH FRESH HERBS

Makes 12 pieces

Ingredients

- 125 g (4,4 oz) kefir cheese (well-drained)
- 1 pinch of salt
- ground pepper
- 4 tbsp snipped fresh herbs by choice: chives, dill, fennel, parsley, coriander ...

Combine cheese, salt and pepper. Stir it with a spatula until you get a homogeneous mixture.

Snip the herbs and spread them out in a plate. Make small cheese balls, then roll them in the herbs. Wet your hands to roll small balls, they will stick less. Garnish a dish and serve to accompany the aperitif.

CHEESECAKE WITH APRICOTS

Serves 8

Ingredients:

- 1 *shortcrust pastry*
- 500 g (17,6 oz) *kefir cheese (very well drained)*
- 130 g *sugar (4,5 oz) + 3 tbsp*
- 1 *lemon*
- 3 *eggs*
- 1 *pinch of salt*
- 1 *tbsp flour*
- 170 g (6 oz) *crème fraîche*
- 25 *ripe apricots*

Fill a hinged cake tin with shortcrust pastry. Prick the base with a fork, place over it a greaseproof paper and fill with dry beans weights for baking. Bake at the bottom of the oven preheated to 180 °C (355 °F) for 10 minutes, then remove the weight and continue baking for 5 min until pastry begins to brown. Take the cake tin out from the oven. Turn the thermostat down to 120 °C (250 °F).

Whisk together kefir cheese, 130 g of sugar and grated lemon zest until creamy. Add the eggs one by one, then lemon juice, salt and finally flour and crème fraîche.

Pour this mixture over the tart base and put in the oven for about 1 hour. At the surface it should be stiff when tapping with your finger, but not coloured. Leave to cool in the cake tin before turning out.



Pit the apricots. Spread the fruit cut side up out on a baking plate lined with greaseproof paper. Sprinkle it with the remaining sugar. Slip the plate into the oven to 200 °C (390 °F) and bake the apricots until golden brown, watching the colour. Take them out and leave to cool before putting them on the cake, using a spatula.

Put the cheesecake to cool until ready to serve. The cheesecake is even better after letting it rest in a cool place for 12 hours.

Instead of shortcrust pastry, you can also make cheesecake crust with 300 g (10 oz) of crushed biscuits and 100 g (3,5 oz) of butter. Also pre-bake in the oven (without the beans) and leave to cool before filling.

SPINACH, TOMATO AND KEFIR CHEESE QUICHE

Serves 8

For the dough:

- 250 g (8,8 oz) flour
- 125 g (4,5 oz) soft butter
- 1 egg
- 50 ml (1,7 oz) water
- 1 pinch of salt

For the filling:

- 2 tbsp durum wheat semolina
- 2 small tomatoes
- 1 kg (35 oz) fresh spinach
- 1 tbsp olive oil
- 1 garlic clove
- freshly grated nutmeg
- 30 g (1 oz) sesame seeds
- 3 eggs
- 200 g (7 oz) kefir cheese
- 150 ml (5 oz) whole milk
- salt, ground pepper

Prepare dough: stir the flour and butter in a food processor or manually until you get a sandy mixture. Add the egg, water and salt, finish kneading until homogeneous. Wrap dough in foil and let cool for at least 2 hours.

Turn the oven on to 200 °C (390 °F). Fill a tin with dough. Prick the base with a fork, then sprinkle semolina all over the dough base. Set aside to cool. Cut tomatoes into quarters, remove seeds, then cut them into large diced cubes. Sprinkle them with some salt and let them sweat in a colander.



Remove the stems from the spinach and rinse it well. Heat the oil in a large frying pan and add the garlic clove, peeled and crushed. When garlic begins to colour, throw it away, it has fulfilled its purpose which was to flavour the oil. Add the spinach in handfuls and let it dissolve. At the end of cooking, when the spinach is »fallen«, salt it slightly. Then drain it in a colander. Leave it to cool, then press it between your hands to drain most of the water out. Then season with salt, pepper and nutmeg.

Toast sesame seeds in a frying pan without added fat, stirring constantly until lightly golden brown. Do not toast sesame too long, pay attention to popcorn effect: the seeds popping out of the frying pan!

Beat together eggs and kefir cheese. Add the milk, salt and pepper.

Spread the spinach out in the tart base. Sprinkle it with sesame and spread the tomatoes. Pour the cheese mixture. Put at the bottom of the oven and bake for about 30 minutes, until the surface is well golden brown. 5 minutes after taking the tin out from the oven, turn it out. Serve hot or cold.

KEFIR CHEESE RAVIOLI WITH PUMPKIN SAUCE

Serves 4 as a main course or 6 as a starter.

For the ravioli dough:

- 300 g (10,5 oz) flour
- 3 eggs

For the filling:

- leaves of a bunch of Swiss chard
- 250 g (9 oz) kefir cheese (very well drained)
- 1 egg white
- salt, ground pepper, nutmeg

For the sauce:

- 500 g (17 oz) pumpkin flesh (net weight without skin or seeds)
- 200 ml (7 oz) kefir (after 24 hrs of fermentation)
- salt, pepper, fresh or dried oregano

Prepare ravioli dough: combine flour and eggs in a bowl, until you get homogeneous dough. If it is too dry, add a few spoons of water. It should be soft to knead but stiff. Wrap it in foil and let it rest for 1 hour at room temperature.

Make filling: Rinse Swiss chard, remove big ribs, using here only the leaves. Boil the leaves for 3 minutes in boiling salted water. Drain them and allow to cool. Then press them into your hand, making small balls the size of an egg. Press thoroughly to squeeze as much water as possible. Chop finely these balls with a knife and put chopped Swiss chard into a bowl. Add the kefir cheese, egg white, salt, pepper and freshly grated nutmeg. Mix all thoroughly together.

Roll out dough with a rolling pin, in small quantities at the same time, until you get it extremely thin. Spread the strips out on lightly floured tea towels. Moisten them with a brush. Arrange teaspoons filling in staggered rows 2-3 cm apart. Put another strip over it, press dough down around filling to stick well, then cut into squares or circles, as you wish. Press on the edges to seal completely. Spread the ravioli out, side by side, on a floured tea towel while making sauce.

Prepare sauce: Peel the pumpkin, cut the flesh into cubes and cook it for 10-15 minutes in a saucepan with just enough salted water to almost cover it. When the pumpkin flesh is very tender, mix it with kefir. Then pour this sauce into a frying pan.

Bring a large saucepan of salted water to the boil and cook ravioli for 5 min. At the same time, heat the sauce in the frying pan. When ravioli are cooked and all rise to the surface, drain them and immediately pour into the frying pan to finish their cooking. Stir to coat them in the sauce, add the oregano, adjust seasoning and serve hot.



ZUCCHINI STUFFED WITH CHEESE AND MINT

Serves 6.

Ingredients:

- *6 zucchini, round*
- *1 onion, thinly sliced*
- *1 slice of stale bread, soaked in a little milk*
- *60 g (2 oz) pine nuts*
- *olive oil*
- *4 tbsp snipped mint*
- *1 tsp paprika*
- *500 g (17 oz) kefir cheese, well-drained*
- *1 egg*
- *salt, ground pepper.*

Preheat the oven to 180 °C (355 °F). Carefully cut away the top from each zucchini. Scoop the flesh out with a spoon, leaving 5 mm of flesh on the skin. Salt the inside and set aside. Roughly chop the flesh.

Let the bread soak in milk. Toast pine nuts in a frying pan without added fat until lightly coloured. Set aside.

Heat 2 tablespoons of olive oil in the frying pan and brown onion. When it begins to brown lightly, add the zucchini flesh. Season it with salt, pepper and paprika. Leave to simmer covered, until the zucchini are tender. Then pour the contents of the frying pan into a colander.

Combine kefir cheese, well-squeezed bread, egg, mint and pine nuts in a bowl. Add the contents of the colander.

Stuff empty zucchini and place them in a lightly oiled roasting pan. If they do not stand upright, cut a small slice from the base to stabilize them. Put hats on and sprinkle with a drizzle of olive oil.

Put in the oven for about 45 minutes (baking time depends on the size of the zucchini). Serve hot with rice.

Peppers, tomatoes and aubergines can be stuffed in the same way.





POTATO GRATIN WITH KEFIR CHEESE

Serves 4

Ingredients:

- 1 kg (35 oz) potatoes
- 250 ml (8 oz) cream
- 300 g (10 oz) kefir cheese, medium-drained
- 1 garlic clove
- 30 g (1 oz) butter for a dish
- 50 g (2 oz) grated cheese (Swiss Emmental type)
- nutmeg, salt, pepper

Turn the oven on to 200 °C (390 °F). Peel the potatoes and cut them into thin slices. Wash potatoes before cutting them into slices, and not after, to keep their starch. Combine cream and kefir cheese. Peel the garlic and rub with it a gratin dish, then butter it. Layer the potatoes in the dish, pouring the cream mixture and seasoning with salt, pepper and nutmeg between each layer. The potatoes should be just enough covered. Do not fill up to the top to avoid overflows in the oven. Sprinkle the surface with grated cheese. Bake in the oven for about 1 h 30, until the potatoes are smooth, have absorbed the cream and the top is golden brown.

PANCAKES - BOURRIOLS

(TRADITIONAL CREPES FROM THE CENTRAL FRANCE)

Serves 4.

Ingredients:

- 125 g (4,5 oz) buckwheat flour
- 125 g (4,5 oz) wheat flour
- ½ tsp fine salt
- 500 ml (17 oz) whey (from making kefir cheese)
- fat for baking (oil, butter)

Allow the whey to ripen for a few days in a cool place before using it. Combine both flours and salt. Make a hole in the centre. Gradually pour in the whey, incorporating a little of the flour at a time, so it does not go lumpy. Cover with a cloth and let it rest at mild room temperature for a few hours, until the batter increases in volume and is covered with bubbles. Just before baking them, incorporate the melted butter into the batter, this will prevent you from having to grease the frying pan between each baking. If necessary, adjust the consistency with a little water if the batter is too thick. Bake them like crepes in a hot greased frying pan and savour them like crepes, with jam, honey, or, in salty version, with cooked pork meats or cheeses.

SERAC

The serac is a cheese from the Alps, from Switzerland and Savoie. It is made from whey and the name comes from “serum”. The Corsican broccio or the Provençal brousse are made in the same way. It was a way of not wasting anything and of getting everything that was possible from milk.

For about 150 g (3 oz) of serac.

Ingredients:

- 4 l (140 oz) whey + 20 ml extra
- 1 l non-chlorinated water
- 60 g salt (1/4 cup)

Keep 200 ml of whey in a warm place in a closed container for 3 days to ferment and acidify. Put the 4 l of whey into a saucepan and bring it to boil. Add the 200 ml fermented whey and take of the heat source. Let stand for 10 minutes. The liquid will separate and you will observe white flakes that swim in a clear liquid.

Prepare a Kefirko Cheese Maker and pour the contents of the saucepan, ladle after ladle, into the mesh basket. Obviously, everything will not go in at the first attempt. So, fill the mesh basket, wait for it to drain, the level will drop, and then fill it again. You can use the Kefirko jar with bigger capacity (1,4 l/50 oz). Do this until you use up all the whey. Don't forget to empty the liquid from the bottom jar, otherwise it will not drain. The total draining may take several hours. When you can't see any more drops under the mesh basket, use the pressing spring and leave under pressure for 24 hours.

The next day, dissolve the salt in the water. Take the cheese out from the Kefirko Cheese Maker and immerse it in the salty brine. Let it stand for 4 days in a cool place, turning the cheese every 12 hours.

Drain the cheese and let it dry on a straw mat. It can be eaten fresh, salty or sweet, you can also refine it in the cold place (cellar) for about 1 month, the taste will be even stronger.

Recipes using whey:



STRAWBERRY SCONES

Serves 6

For the scones:

- 250 g (9 oz) flour + a little for the work surface
- 50 g (2 oz) sugar
- 1 tsp salt
- 2 tsp baking powder
- 50 g (2 oz) butter (cut into pieces)
- 150 ml (5 oz) whey
- 1 egg

For the filling:

- 200 g (7 oz) strawberries
- 150 ml (5 oz) cold single cream
- 150 g (5 oz) kefir cheese, well-drained
- 40 g (1,5 oz) vanilla sugar
- 1 jar of strawberry jam

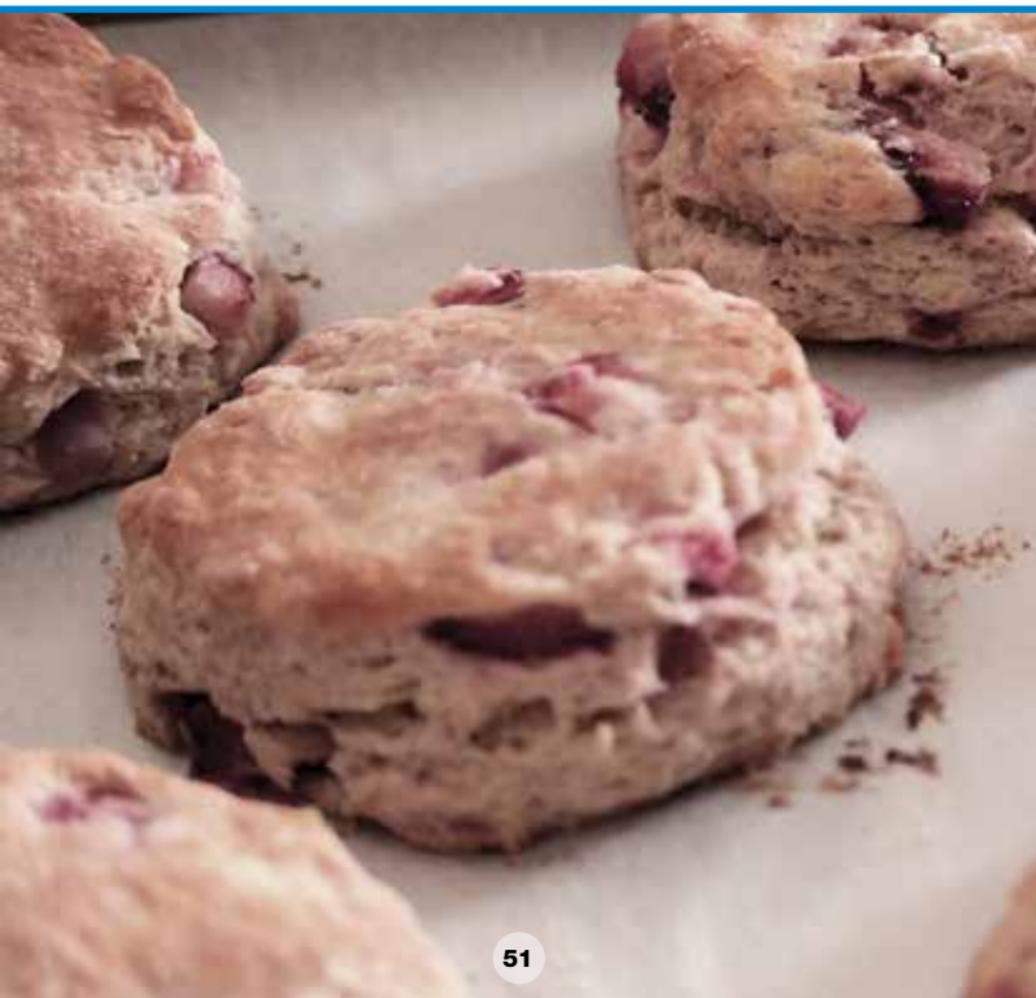
Turn the oven on to 200 °C (390 °F). Line a baking plate with baking paper.

Combine flour, sugar, salt and baking powder. Incorporate the butter with your fingertips, until you get lumpy dough. Then incorporate the whey. Knead the dough fast until smooth and soft enough. Spread this dough out on a floured work surface, to the thickness of 2 cm. Cut into circles with a biscuit cutter. Place them on the plate and brush with beaten egg.

Bake in the centre of the oven for 15 minutes until risen and golden brown. Leave them to cool on a wire rack.

Rinse, then remove the stems from the strawberries. Whisk together cream and vanilla sugar, until it forms stiff snowy peaks. Incorporate it into fresh cheese. Fill the scones with jam, then with mousse and finally with strawberries cut into slices.

You can vary the fruit according to the season. It is also delicious with raspberries, blackberries, pineapples, mangoes, oranges ...



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