

You want your burger to remain juicy so avoid going too lean. Choose a standard minced meat (usually around 20% fat) or, if you are set on leaner cuisine, then 10 % fat is okay, but don't go for less. Beef is the typical meat used in burgers but you could use lamb or pork, or a mixture of beef and pork. Chicken burgers are also becoming increasingly	
opular - for this we recommend using an extra lean chicken breast. There are also many meat-free patty options, too. Try halloumi burgers, chickpea burgers or seitan burgers, sweet potato burgers, beetroot burgers, beetroot burgers, beetroot burgers, chickpea burgers, sweet potato burgers, sweet potato burgers, beetroot burgers, beetroot burgers, chickpea burgers, beetroot burgers, beetroot burgers, chickpea burgers, chickpea burgers, beetroot burgers, beetroot burgers, beetroot burgers, chickpea burgers, chickpea burgers, beetroot burgers, beetr	
chopped spring onions, crushed garlic, ground spices (cumin, coriander, ground chilli, fajita spice mixture, etc), mustard, chopped fresh or dried herbs, ground black pepper - pick the flavours you like. Think of tried and tested combinations: For Italian-style burgers, add crushed garlic, finely chopped parsley and grated parmesan to beef mince. For	
Moroccan-style burgers, add chopped coriander, ground cumin and a dollop of harissa paste to lamb mince. For Spanish-style burgers, add smoked paprika and finely chopped chorizo to pork mince. If you're a fan of cheese, instead of topping your burger, make two thinner patties, pop a square of cheese in the middle, then squeeze the edges to seal - ust remember to warn your guests about molten oozing when they bite in! If you're going for a leaner meat or adding bulky ingredients (eg spring onions, onions, chillies), add an egg and a handful of breadcrumbs to bind the burgers.	
really flat before you cook them. As they cook the meat will constrict, which will make the burgers smaller and fatter. Flatten them down with a spatula during cooking," suggests Cassie, our food editor. "Don't add salt to the ground meat before it's shaped, or it'll draw the liquid out of the meat leaving you with a dry burger. Instead sprinkle the	
butside with salt as it cooks," adds Cassie. "Chill your burgers for at least an hour before you cook them," says senior food editor. Barney. "This will help them keep their shape when they're cooking and stop them into freezer	
pags to save space. To defrost them, lay them back on the tray. Defrost throughly before cooking. Pop your burgers on the barbecue or in a hot, non-stick frying pan with a little oil. Cook for 5-6 mins on each side for medium and 8-9 mins on each side for well done. The NHS Live Well website recommends not leaving any pink meat in your	
burger. Before cooking your burgers, we suggest also giving them a quick sear at high temperature. This will help lock in the flavours and create a good crust. Heat a griddle or frying pan on high, add a tsp of oil, and sear each side of the burger for 1-2 mins before continuing with the main cooking process. Once the burger has browned on both sides,	
pop your cheese on top (if using) and cover with a small bowl or lid to finish off cooking - this will melt the cheese and keep all the lovely meaty juices inside the burger. Always toast soft buns as it keeps the sauces from sinking into them and gives you a nice contrast of textures. To do this, lightly butter the cut sides of the buns and put them face	
lown on a grill or barbecue for a few minutes until they become golden brown, with a slightly crisp texture. There are so many options when it comes to burger toppings and condiments. Here are a few suggestions to try: Add in some vegetables such as caramelised onions, fried mushrooms, crispy lettuce, onion rings, avocado slices or guacamole, and	
angy pickles such as gherkinsCrispy bacon is always a brilliant flavour booster as well as adding that wonderful crisp textureDifferent of cheeses can really ramp up the taste. If opting for cheddar, we recommend using the most mature variety you can find. For something stronger, try raclette, smoked gouda, brie or stilton Sauces - try our recipe for a classic burger sauce to serve on top of your burger. Other options which work well include homemade ketchup, BBQ sauce, mayonnaise, burger relish, aioli and mustard. A fried egg - why not go all out and crown your burger with the perfect fried egg? A runny yolk will add extra moisture to the patty while the whites provide a nice crispy	
exture. Learn how to make delicious, juicy cheeseburgers with our video guide: Top 10 healthy burger recipes Best burger recipes for kidsTop 10 vegetarian burger tips and flavourings below Showing 1 to 24 of 76 results A star rating of 4.5 out of 5.110	
ratingsNeed to make a celebration cake at short notice? This foolproof, showstopping caramel cake uses storecupboard ingredients and is quick to whip upA star rating of 4.7 out of 5.363 ratingsChocolate and cake are two of our favourite things, so what's not to love about this indulgent cake? A star rating of 4 out of 5.2 ratingsAdd sticky dates and a	
salty-sweet icing to take the traditional carrot cake to new, delicious heights. Decorate with crumbled sesame snaps and pecansA star rating of 4.6 out of 5.24 ratingsThis classic chequerboard cake wrapped in marzipan is easier to achieve than you thinkA star rating of 4.8 out of 5.331 ratingsThis decadent chocolate and banana loaf cake is	
gorgeously moist from the fruit, whilst chocolate adds richness. Top with ganache and banana chips. A star rating of 4.6 out of 5.71 ratingsIndulge in a slice of lemon cake for afternoon tea. With lovely light sponge layers, a citrus zing offsets the rich and creamy soft cheese icingA star rating of 5 out of 5.8 ratingsThis cake is a cross between a carrot	
and a banana cake, with pineapple thrown in for juicy sweetness - a lovely light dessert or teatime treatA star rating of 4.7 out of 5.359 ratingsThis crowd-pleasing recipe turns an afternoon tea classic into dainty cupcakes. Top mini carrot cakes with a generous layer of soft cheese frosting, then enjoy with a cuppa. A star rating of 4.7 out of 5.359 ratingsThis crowd-pleasing recipe turns an afternoon tea classic into dainty cupcakes. Top mini carrot cakes with a generous layer of 5.10 artingsThis crowd-pleasing recipe turns an afternoon tea classic into dainty cupcakes. Top mini carrot cakes with a generous layer of 5.10 artingsThis crowd-pleasing recipe turns an afternoon tea classic into dainty cupcakes. Top mini carrot cakes with a generous layer of 5.10 artingsThis crowd-pleasing recipe turns an afternoon tea classic into dainty cupcakes.	
ratingsTry this simple marbled chocolate and vanilla sponge cake for an easy, milk-free weekend bake. It uses an all-in-one method to save time in the kitchenA star rating of 4.8 out of 5.806 ratingsThis simple almondy cake is a great way of using up pick-your-own raspberriesA star rating of 4.5 out of 5.18 ratingsA classic fruit sponge cake with appricots and citrus shared by reader Ann Turner - it's perfect with a cup of teaA star rating of 4.6 out of 5.174 ratingsIf you've offered to bake a treat for a stall or your local coffee morning then this cake stall classic is just the thingA star rating of 4.7 out of 5.1112 ratingsNeed a guaranteed crowd-pleasing cake that's easy to make? This super-squidgy	7
chocolate fudge cake with smooth icing is an instant baking winA star rating of 5.0 ut of 5.4 ratingsTry our keto version of a classic chocolate cake. To keep the carbohydrate levels low, the recipe uses xylitol, almond flour and cacao powderA star rating of 4.5 out of 5.10 ratingsAdd allspice, cloves and nutment to this apple cider cake for some autumnal	
warmth. Bramley apples are added to the sponge mix, and it's topped with crunchy pecansA star rating of 4 out of 5.5 ratingsTahini gives this cake a subtle nutty flavour that partners perfectly with rich chocolate. This recipe makes 2 cakes, so why not freeze one as a treat for another day! A star rating of 4.7 out of 5.1489 ratingsIndulge yourself with	
his ultimate chocolate ganache cake recipe that is beautifully moist, rich and fudgy. Perfect for a celebration or an afternoon teaA star rating of 4.7 out of 5.3042 ratingsIt's difficult not to demolish this classic lemon drizzle in just one sitting, so why not make two at once? A star rating of 4.5 out of 5.2 ratingsTreat family and friends to these miniature	
French almond cakes for afternoon tea, or take along to a coffee morning. Browning the butter adds extra nuttinessA star rating of 4.9 out of 5.7 ratingsUse up any marmalade you have to make this sunny bake, perhaps with some ice cream alongside itA star rating of 4.8 out of 5.28 ratingsTreat the family to this comforting apple cinnamon cake.	
Made with warming cinnamon spices, fresh apples and almonds, it's a wonderful winter dessertA star rating of 4.4 out of 5.572 ratingsTop this classic carrot cake with moreish cream cheese icing and chopped walnuts or pecans. Serve as a sweet treat with a cup of tea any time of the day. A star rating of 4.4 out of 5.9 ratingsBake this cake with Surples and Incident the chocolate sponge. It's made with soured cream and finished with a creamy cheese frosting to add a tangy note at the chocolate cake. Using ground hazelnuts delivers an incredible texture and flavour, or try almonds if you prefer handful of	£
resh minthoneyNutrition: Per serving (1)kcal13fat0gsaturates0gcarbs3gsugars3gfibre0gprotein0.1gsalt0gTake a few leaves into a teapot or cafetiere. Repeat with the rest of the mint, saving a few small springs for each glass as a garnish. Fill up the pot with boiling	1
water and let it infuse for 2-3 mins or until the liquid starts to take on a slight pale yellow/green hue. Strain the tea into cups or heatproof glasses and sweeten with honey to taste. Drop the reserved mint into the cups to decorate if you like. Lightly whisk 2 large eggs, 6 tbsp single cream or full cream milk and a pinch of salt together until the mixture	
has just one consistency. Heat a small non-stick frying pan for a minute or so, then add a knob of butter and let it sit, without stirring, for 20 seconds. Stir with a wooden spoon, lifting and folding it over from the bottom of the pan. Let it sit for another 10	
seconds then stir and fold again. Repeat until the eggs are softly set and slightly runny in places. Remove from the heat and leave for a moment to finish cooking. Give a final stir and serve the velvety scramble without delay. RECIPE TIPSChef Bill Granger says, always use a non-stick pan with a wooden spoon for best results and easy cleaning. Don't	
over-stir - think of theseas folded eggs rather than scrambled. The eggs should have the texture of soft curds. It's best not to cook more than three portions in one go as you will overcrowd the pan and the eggs won't cook as well. For larger numbers, cook in two pans rather than one. For more creamy eggs inspiration, check out these scrambled eggs	
recipes with a twist. Showing 1 to 24 of 43 results star rating of 4.9 out of 5.23 ratings Make these sweet iced letters and numbers with your kids during school holidays. They'll have fun making them and then devour them once ready star rating of 4.9 out of 5.12 ratings Fill up your biscuit tin with these easy treats which take their name from the ork indention of 4.9 out of 5.20 ratings Fill up your biscuit tin with these easy treats which take their name from the ork indention of 4.9 out of 5.39 ratings Fill up your biscuit tin with these easy treats which take their name from the ork indention of 4.9 out of 5.20 ratings Fill up your biscuit tin with these easy treats which take their name from the ork indention of 4.9 out of 5.20 ratings Fill up your biscuit tin with these easy treats which take their name from the ork indention of 4.9 out of 5.20 ratings Fill up your biscuit tin with these easy treats which take their name from the ork indention of 4.9 out of 5.20 ratings Fill up your biscuit tin with these easy treats which take their name from the ork indention of 4.9 out of 5.12 ratings Fill up your biscuit tin with these easy treats which take their name from the ork indention of 4.9 out of 5.12 ratings Fill up your biscuit tin with these easy treats which take their name from the ork indention of 4.9 out of 5.12 ratings Fill up your biscuit tin with these easy treats which take their name from the ork indention of 4.9 out of 5.12 ratings Fill up your biscuit tin with these easy treats which take their name from the ork indention of 4.9 out of 5.12 ratings Fill up your biscuit tin with these easy treats which take their name from the ork indention of 4.9 out of 5.12 ratings Fill up your biscuit tin with the ork indention of 4.9 out of 5.12 ratings Fill up your biscuit tin with the ork indention of 4.9 out of 5.12 ratings Fill up your biscuit tin with the ork indention of 5.12 ratings Fill up your biscuit tin with the ork indention of 5.12 ratings Fill up your biscuit tin with the ork indention of 5.12	
and work well in any shape, get the kids to helpA star rating of 4.5 out of 5.78 ratingsThese ring biscuits are perfect for parties and work well in any shape, get the kids to helpA star rating of 4.5 out of 5.78 ratingsThe simplest biscuits you and the kids will ever bake. We've stamped clean toys into these to decorate them - try your own favourite patternsA star rating of 0 out of 5.0 ratingsRustle up these cute chocolate-Oreo reindeers for a treat over the magical Christmas	
period. They're perfect as a gift or for a bake sale tooA star rating of 5 out of 5.7 ratingsMake a whole solar system from your kitchen with our super cute planet cookies! The baking and decorating will keep even the most energetic children busy over the half-term breakA star rating of 5 out of 5.3 ratingsThese heart-shaped cookies with a crunchy	
mint filling are fun for children to make and give as a presentA star rating of 4.6 out of 5.345 ratingsWith just three ingredients, these simple peanut butter cookies will delight kids and grown-ups alike - and they're gluten-free, tooA star rating of 5 out of 5.12 ratingsKids will love to help sandwiching these biscuits with the melted marshmallowA star	
rating of 4.5 out of 5.4 ratingsAdd a touch of fun to your party with these edible flag-shaped cookies - ice in your favourite coloursA star rating of 4.6 out of 5.11 ratingsCreate these cute spider biscuits with kids as part of a Halloween party feast. Children will love adding the spooky chocolate spider legs and icing eyesA star rating of 4.1 out of 5.26	
ratingsThese colourful cookies are bound to be a big hit with kids and adults alikeA star rating of 4.4 out of 5.3 ratingsThese easy cookies with a fruity jam filling are perfect teatime treats. Make a batch as a weekend project and fill your biscuit tin with sweet bitesA star rating of 5 out of 5.2 ratingsFinish off a beautifully laid table with these simple, mint-iced cookies - they're fun to make with the kids!A star rating of 4 out of 5.4 ratingsMake these round vanilla biscuits, ice in bright colours, thread on a ribbon and give out as edible prizesA star rating of 4.2 out of 5.415 ratingsLearn how to make classic chocolate chip cookies and enjoy them still warm from the oven. Perfect for a bake sale or	
with your afternoon tea. A star rating of 4.3 out of 5.8 ratingsBake these pretty gingerbread biscuits with a stained glass centre as treats at Christmas time with the kids. They make great presents for friends and family and family and family are rating of 4.5 out of 5.28 ratingsAdd some colour to classic bourbon biscuits using pink food colouring. Kids will love piping the	
illing – and eating them afterwards of course! A star rating of 4.8 out of 5.5 ratings Savoury oaty biscuits that are great for lunch boxes, add Marmite or peanut butter for a delicious pinwheel star rating of 3.9 out of 5.14 ratings The food processor does most of the work in this cookie recipe, but younger children will enjoy rolling the dough into balls	
and thumbprinting. Older kids can make them on their own star rating of 4.3 out of 5.16 ratingsLet a friendly bat perch on your glass of milk or cuppa this Halloween with these spooky biscuits - add vanilla buttercream for bourbons star rating of 3.6 out of 5.5 ratingsLittle hands can help make these fruity biscuits topped with icing and sprinkles.	
t's an ideal way to get kids in the kitchenA star rating of 4.1 out of 5.12 ratingsGet your children in the kitchen to bake a batch of these simple biscuits from CBeebies' ican cook' Nutrition: Per servingkcal438fat22gsaturates14gcarbs47gsugars46gfibre2gprotein12gsalt0.3gHeat the milk, cocoa, sugar and chocolate in a small pan over a medium heat	
until steaming and the chocolate has melted. Whisk to dissolve the cocoa. Pour into a mug, then add the cream to float on top. Grate over a little more chocolate to serve. Try this homemade pizza recipe, then check out more of our easy pizza recipes. Make the base: Put the flour into a large bowl, then stir in the yeast and salt. Make a well, pour in 200ml warm water and the olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 mins until smooth. Cover with a tea towel and set aside. You can leave the dough to rise if you like, but it's not essential for a thin crust. Make the sauce: Mix the passata, basil and	
crushed garlic together, then season to taste. Leave to stand at room temperature while you get on with shaping the base. Roll out the dough into large rounds, about 25cm across, using a rolling pin. The dough needs to be very thin as it	
will rise in the oven. Lift the rounds onto two floured baking sheets. Top and bake: heat the oven to 240C/220C fan/gas 8. Put another baking sheet or an upturned baking sheets. Top and bake: heat the oven on the top shelf. Smooth sauce over bases with the back of a spoon. Scatter with cheese and tomatoes, drizzle with olive oil and season. Put one pizza, still on its	
paking sheet, on top of the preheated sheet or tray. Bake for 8-10 mins until crisp. Serve with a little more olive oil, and basil leaves if using. Repeat step for remaining pizza. RECIPE TIPSIf the dough is too wet: add a bit more flour and work it in. If dough is too stretchy to roll out: leave it to rest for 10 mins or so, then try again. You need far more	
pressure when rolling dough than when rolling out pastry. If the base isn't cooked: baking the pizza on top of a preheated sheet or tray should prevent this. However, it could be too thick or have too much topping. If the topping is cooked before the base, cover with foil and give it another 5 mins. Fancy a bit more topping? Here's some suggestions.	
Dlives, ham and chargrilled artichokes; Spicy sausage, chilli or jalapeños and sliced tomato; Spinach, garlic, gorgonzola cheese and a whole egg cracked on top; Creamy mascarpone, pesto, roasted red peppers and sliced mushrooms. Or if you're not sure what you fancy - why not do half and half? Also try our cheesy courgette pizza. Pile sauce and oppings onto one half of the dough circle, brush the edge with a little water, then fold and pinch to make a pasty shape. Bake until golden as before. Leave the dough a bit thicker, brush with oil and stud with rosemary sprigs. Bake for 15 mins or until risen and golden. Brush with garlic butter. Add 2 tins plum tomatoes, the finely chopped leaves from	
4 small pack basil, 1 tsp dried oregano, 2 bay leaves, 2 tbsp tomato purée, 1 beef stock, 1 deseeded and finely chopped red chilli (if using), 125ml red wine and 6 halved cherry tomatoes. Stir with a wooden spoon, breaking up the plum tomatoes. Read on to find expert advice on getting the best results from your machine, plus ice cream maker recipe	
nspiration. If you want to upgrade your machine or are new to ice cream makers, be sure to read our best ice cream makers (Lakeland mini ice cream makers feeling), budget-blowing professional standard machines (Magimix Gelato Expert, £499) and more affordable, mid-range	Э
ce cream makers (VonShef ice cream maker with compressor, £149.99). Our buyer's guide will help you find the right machine for you. No matter which type of machine you're using, you'll need to plan. A pre-freeze bowl needs to be in the freezer preferably overnight to make sure it's frozen solid (you can check it is by shaking, there should be no	
iquid sloshing around). If you have the room, store the bowl in the freezer all the time, that way it'll always be ready to go. Even a built-in freezer model which is off and running at the flick of a switch, needs the custards, base creams and anything else you are going to add to be as cold as possible. Adding warm, or even room temperature ingredients	
o an ice cream machine will cool down its core temperature, meaning the churn takes longer - and a longer churn means heavier ice cream. At worst, the pre-freeze bowl will warm up too much and rather than ice cream you will have sloppy cream. Get those custards, creams and fruits into the fridge and chill them right down, a few hours will be	
good, overnight is the best. Cooked custard bases and cream can get a helping hand by pouring them into a bowl and set it in a bigger bowl one-third full of iced water or ice cubes. Finally, keep those ingredients in the refrigerator right up until the machine is whirring away and you are ready to pour the cream into the machine. Ice cream is a treat and though it may be possible to make a good low-fat one, it's much harder. The best ice cream is full of flavour thanks to the richness of the ingredients and needs plenty of fat for it to churn well, this is not the time to skimp. Use full-fat milk, double cream, fresh free-range eggs, real vanilla, fruits, nuts and chocolate, whatever the recipe calls for.	
When you eat ice cream, you want to enjoy the best. Be sparing with some ingredients you add to your ice cream and has	
fully dissolved. Even fruit, if not cold or finely chopped, will make the ice cream softer than desired. Unless you're eating your homemade ice cream coming straight from the freezer is mostly soft and scoops easily. Homemade ice cream though, will be rock hard as it doesn't have	
he stabilisers or additives to keep it soft. Don't compare your ice cream to shop-bought varieties. Instead, think ahead and take the ice cream from the freezer around 10-15 minutes before you want to eat it. Leave it on the kitchen worktop (not near a heat source, you don't want it to melt) and it will be perfect. Also, when packing your ice cream into	
subs for the freezer, less is better. Too deep makes it hard to soften for serving - at best only fill the tub half way. Never add your ice cream will freeze onto the sides of the bowl and could potentially damage the machine. You have made fabulous ice cream; now your machine needs some TLC. Once your ice cream is made, the paddles, lids and accessories can be washed immediately either in the dishwasher or by hand according to the manufacturer's advice. The bowls, however, must always be put to one side and left to defrost thoroughly. Plunging a still frozen or extremely cold bowl into hot water can damage it beyond	
repair, at worst it can crack which, with pre-freeze bowls, can cause the refrigerant to leak. Once you start making delicious homemade ice cream, your only limitation is your imagination. A good source of tried, tested, and trusted recipes is a great way to expand your repertoire. Vanilla is a classic ice cream and this recipe won't let you down: Angela	
Vielsen's ultimate vanilla ice cream recipes. More great vanilla ice cream recipes: Classic vanilla ice cream recipes: Classic vanilla ice cream recipes: Strawberry crème fraiche ice cream recipes: Strawberry and balsamic ice cream Raspberry	
ipple ice creamGooseberry ice creamDon't stop with fruit, adding other treats will add flavour and texture, too. Chocolate, nut and spiced ice creamWegan chocolate ice creamButtermilk, brown sugar & rye bread ice creamCinnamon ice creamPistachio ice	
cream Honeycomb ice cream recipeFor even more inspiration, see our ice cream recipe collection. What do you make in your ice cream maker? Share your favourite recipes below You can't make kefir without kefir grains' are actually bacteria and yeast that look like tiny cauliflower florets, bound together in a kefiran polysaccharide	
natrix. If you know someone who already makes kefir, ask them if you can have some - as little as half a teaspoon will be enough to make your own. Alternatively, fresh grains can be purchased online. If they arrive in the post, they may need a little re-invigorating after their journey; put them in a small jar and cover with whole milk - you won't need nore than 100ml. Cover and leave on the side for 12-48 hours until the milk has set (it varies depending upon milk used and temperature). When it does, you're good to go and can scale up. In food terms, it's a process where we provide microbes with an energy source (here we are using milk), and they use it to grow, making end products that are	
iseful to us - in this case, lactic acid that sours the milk and makes kefir. The microbes also produce carbon dioxide which can make kefir fizzy. Other examples are our simple sauerkraut, quick kimchi, kombucha and yogurt. Check out our beginner's quide to fermented foods for more essential info.½ teaspoon of kefir grains (see below for where to	
get them and how to ensure they're ready to use)1 pint of fresh milk (organic whole milk for best results)500 ml clip-top jar with gasket for fermenting funnel and wide necked bottleoptional – a slice of lemon/drop of lemon oilf you're looking to upgrade your	
xitchen kit, here are some of our tried, tested and top-rated favourites that would come in handy for making kefir. People usually use glass vessels because then you can see what is going on. For a stronger flavour, use an open system - cover a large jar with a cloth cap or paper towel and rubber band and ensure there are several inches of air above	
he milk. The closed system uses a clip top jar with a rubber gasket to keep oxygen out. The microbes in the kefir grains are able to grow well with just a little oxygen present. These conditions will also ensure that Lactobacilli grow better than the other types of microbes, reducing yeasty flavours and fizz (though the amount of grains used is also very	
mportant). To make a mild tasting kefir, use 5-10g grains per litre of milk. Anything above this will give a stronger tasting kefir that will ferment more rapidly. Ensure your equipment is dishwasher clean, or has been washed in hot soapy water, and rinsed well before you start. Method Put ½ tsp kefir grains in the jar. Add a pint of milk, leaving about 2cm head room if using a clip top jar, or at least 5cm for a cloth-covered jar. Leave on the worktop for 18-24 hours to ferment. It's turned to kefir when the milk has thickened. It may have set and separated, with pockets of whey forming - this is quite normal. When set, if you can't strain it straight away, put it in the fridge to stop it fermenting further,	
as the flavour can get quite strong - you can strain it anytime over the next 48 hours. Strain the kefir through the sieve or straining funnel into your jug or bottle. The grains are quite robust and will withstand gentle stirring. You can drink it straight away, flavour and refrigerate it (a slice of lemon peel or a drop of lemon oil add a delicious fresh taste),	
or leave it at room temperature for a few hours to make it taste stronger. Rinse out the jar, put the grains back in (don't wash them, there's no need), fill it up with milk again and leave at room temperature both affect how quickly milk will become kefir. Put the jar somewhere (out of direct	
sunlight) where you can keep an eye on it. Try to catch it when just set for a milder flavour. If it separates into curds and whey don't worry as it can be easily mixed back together. With practice you'll be able to time it just right. It's harder to tell with skimmed milk which gives a much softer set. Poke with a spoon if you aren't sure if it's thickened,	
and smell it - if it smells slightly yogurty or mildly cheesy, it's done. At first it might take up to 48 hours for the milk to thicken. You can tell it's ready as the milk will set, just like yogurt. Pockets of whey might appear; don't worry this is normal and they will mix in during straining. The kefir should taste yogurty and tangy, but it usually lacks the	
slightly sweet aftertaste of yogurt. If you've tasted shop bought kefir, you might be in for a bit of a surprise at first, but you really can learn to love the homemade variety. If you use a few grains and a low-oxygen environment it can taste fresh and mild. Once strained, keep the kefir in the fridge. This will slow down the fermentation by the microbes. It should remain pleasantly useable for 7-10 days. It will not 'go off' as such, as it is already fermented, but the flavour might become rather strong. You can make a larger batch once a week if you don't want to make it daily. Half a teaspoon of grains will even	
convert a much larger volume of milk to kefir – add a little kefir in with the grains to get things started more quickly if you're scaling up. In between batches, keep the fridge. Change the milk if you're still not using them or they will starve. Kefir grains are	
iving organisms, and will gradually grow (not in all milk alternatives, though). When they've doubled in size, which might take two or three weeks with daily making, take out half of them and give them to a friend, or freeze them. If you don't remove the excess you will notice the flavour of the kefir changing. Use whole organic milk (usually blue top)	
for the best tasting, most nutritious kefir as the grassy diet for organic cows makes milk of superior nutritional quality. Any fresh animal milk works, from skimmed to full fat Jersey, goat, cow or even UHT. The higher the milk's fat content, the thicker the kefir. Use fresh milk that is not on the turn; pasteurised milk contains some non-harmful bacteria	
hat can grow at low temperatures and eventually change the flavour of the milk - this can make the kefir taste odd and make it curdle before it sets. You can use homogenised milk, but it's worth noting that with high fat varieties of unhomogenised milk, sometimes the grains get stuck in the cream and the milk won't set - you'll	
need to stir or shake it a few times whilst it's fermenting. You can use raw (unpasteurised) milk. Sometimes people find that it's hard to make kefir from unpasteurised milk because there are so many other bacteria already in the raw competing with the kefir bacteria for food. However, one could say that turning raw milk into kefir could be a safer way of consuming raw milk; there are so many 'good' microbes in the kefir grains that they can usually inhibit the growth of small numbers of pathogenic (harmful) bacteria that could be present in unpasteurised milk. Don't use raw milk if you are pregnant. There is an urban myth that metal utensils should not be used with kefir grains, but short-term	1
way of consuming raw milk: there are so many 'good' microbes in the kefir grains, but short-term contains in the content in unpasteurised milk. Don't use raw milk if you are pregnant. I here is an urban myth that metal utensils should not be used with kefir grains, but short-term contains in the content in the content in unpasteurised milk. Don't use raw milk if you are pregnant. I here is an urban myth that metal utensils should not be used with kefir grains, but short-term contains in the content in the content in the kefir grains that they can usually innot be used with kefir grains, but short-term content in the content in the content in the content in the kefir grains that they can usually innot be used with kefir grains, but short-term content in the cont	
such, just natural yeasts in the kefir growing at the surface where they are happiest. You can continue to strain and consume this kefir. If you have a milk allergy you can substitute soya milk or coconut cream instead of dairy milk. Fermented foods can contain traces of histamine, which could be an issue if you have a severe histamine allergies. If you	
are immunocompromised, have had recent gastric surgery, or have an underlying serious health condition please do check with your GP first before consuming. People with a dairy intolerance are often able to consume kefir as post-fermentation it has lower levels of lactose. IBS/IBD sufferers should try a couple of milliliters at first; it often helps with	
hese conditions, but in some people may have the opposite effect. Trace amounts of alcohol could be present if a strong kefir is made. You will be introducing many new species to your gut, which can occasionally result in mild stomach upset symptoms, so the best advice is to start gradually, with a couple of teaspoons for the first day or two, doubling	j
up over the next few days to about 150ml (though this is arbitrary; you can't overdose as such). You can make kefir with plant-based alternatives like coconut, soya or oat. Whichever you choose, it needs a high calorie content and about 3.5g sugar per 100ml, as this will be the microbe's source of carbohydrate. Soya milk makes excellent thick kefir, and the grains will usually grow in this medium. Tinned coconut cream is a better choice than coconut milk, and gives a thick, tangy, almost yogurty consistency; choose an organic brand as these have no additives. How well they will survive a non-dairy lifestyle entirely depends on your own kefir grains and the microbes they contain. If you notice	
hat they are not making kefir, or not growing much, try refreshing them in some dairy milk for a few days. With the exception of soya milk, which contains many short-chain peptides, health benefits of other milk alternatives have not yet been investigated. Your strained kefir can go straight in the fridge if you want to have it plain. Refrigerating it for	
few hours improves the flavour and also the texture as it tends to thicken a little. It might separate upon standing - don't worry, shake or whisk with a fork to re-homogenise it. Try it in our kefir breakfast smoothie, or blend it with frozen banana for an instant ice cream. You can also try adding a pinch of salt and strain to make labneh (for a milder	
lavour, add some natural yogurt before straining). Make a creamy kefir dressing and pair with our charred veg & tuna niçoise salad. Beginner's guide to fermenting and pickling vegetables Do you have any other questions about making kefir at home? Leave a	
comment below	