

WANTED: Crohn's End - Dairy Kefir Log

Batch #	Date Grains In	Time Grains In	Date Grains Out	Time Grains Out	Grains Used	Milk Used	Length of 1st Ferment	Start Time of 2nd Ferment	Length of 2nd Ferment	Total Ferment Time	Rank of Consistency	Flavor	Carbination	Other Notes
001	7/25/2012	1:15p	7/26/2012	11:15a	< 1 tbsp	24oz	22 hrs	?	?	22 hrs + ?	very poor, water and solid separation	bitter	very	After 1st ferment, amount of separation seems same as batch 002
002	7/25/2012	2:40p	7/26/2012	11:15a	1 tsp	24oz	21 hrs 30 m	?	?	21 hrs 30 m + ?	very poor, water and solid separation	bitter	very	After 1st ferment, amount of separation seems same as batch 001
003	7/28/2012	6:30p	7/29/2012	9p	< 1 tsp	28oz	26 hrs 30 m	9:15p	9 hrs	35 hrs 30 m	very poor, water and solid separation	bitter	very	not happy. The milk solids got very thick and rose really high, expanding over the top of the jar opening.
004	7/30/2012	4:10p	7/31/2012	10:30p	1 tsp	32oz	28 hrs 20 m	11:50p	7 hrs 25 m	35 hrs 45 m	more water & solid separation than I wanted, but the milk solids were more moist.	less bitter	very	The milk solids were more creamy, less whey separate than previous batches, but not where I want it to be. Recommend being firm about taking 1st ferment out after 24 hrs even if it doesn't look ready.
005	8/3/2012	4:15p	8/4/2012	12:50p	1 tsp	32oz	20 hrs 35 m	12:50p	5 hrs 10 min	25 hrs 45 m	lots of whey and solid separation, solids moist.	still bitter	less carbination	The second ferment happened very fast. Room temp today was around 80, outside it reached close to 100.
006	8/5/2012	8:30p	8/7/2012	9:30a	1 tsp	32oz	37 hrs	n/a	n/a	37 hrs	lots of whey and solid separation, solids moist.	nice flavor	not very carbinated	This batch tastes MUCH better and the kefir is thicker. I believe the key is that the grains are not as active as the other one I had, and gave away to Sandi. Not sure how I can better control the activity of the grains with all other variables being equal.
007	8/8/2012	8:30p	8/9/2012		1 tsp	32oz	24 hrs 30 m	9:15p	8 hrs 45 m	33 hrs 15 m	lots of whey and solid separation, solids moist.	n/a	n/a	n/a - not applicable. I dripped all of the kefir for a lasgna recipe to replace DCCC. The whey left over, tastes fucking horrible.
008	8/11/2012	12:30p	8/12/2012	2:35p	1 tsp	32oz	26 hrs	2:45p	5 hrs	31 hrs	less whey separation, solids moist.	bitter	very	Nice thickness, but taste isn't great. Will move on to using fruit and such to flavor it during second fermentations.
009	8/12/2012	2:45p	8/13/2012	10a	1 tsp	32oz	19 hrs 15 m	n/a	n/a	19 hrs 15 m	whey separation, solids moist.	bitter	very	I stirred the batch just after I put the grains in. The grains rose to the top early on and this created a different pattern of whey separation, both on the bottom and the top.
010	8/15/2012	1p	8/16/2012	3:30p	1 tsp	32oz	26 hrs 30 m	n/a	n/a	26 hrs 30 m	Huge whey separation.	disgusting, smokey?	not carbinated	The milk solids curdled a bit when I left the milk on the counter to warm up for several hours. Not sure what will happen with the kefir.
011	8/17/2012	11:15a	8/18/2012	12:15p	2 tsp	64oz	25 hrs	12:30p	3 hrs	28 hrs	Perfect after 1st ferment.	nice flavor	carbinated	Doing 64oz at one time is cumbersome with the bigger jars.
012	8/21/2012	5:30p	8/22/2012	8:45p	2 tsp	64oz	27 hrs 30 m	n/a	n/a	27 hrs 30 m	Perfect after 1st ferment.	a slightly greek yogurt flavor, or maybe a yeasty, flour-like flavor instead? Hard to pin down.	not carbinated	No visible whey separation morning after putting it into the fridge to cool. Lack of carbination tells me it's not done. Am setting it on the counter to ferment more.
013	8/24/2012	9:30p	8/26/2012	8:30a	2 tsp	64oz	35 hrs	n/a	n/a	35 hrs	very poor, water and solid separation	nice flavor	carbinated	Lots of milk solids went separating the grains, but stirring and putting into the fridge really helped. Not much whey separation when cold, but some.
014	8/29/2012	4p	8/30/2012	10:15p	2 tsp	64oz	30 hrs 15 m	n/a	n/a	30 hrs 15 m	some water and solid separation		carbinated	n/a
015	9/1/2012	6:30p	9/2/2012	8:30p	2 tsp	60oz	26 hrs	n/a	n/a	26 hrs	Not much water and solid separation, but cracking on top and thick kefir body throughout	nice flavor	carbinated	
016	don't remember details.													
026	10/13/2012	12p	10/14/2012	12:30p	1 tsp or a little	~20 oz	24 hrs 30 m	1p	6 hrs	30 hrs 30 m	Very thick after 24 hrs, excellent. Starting temp of the milk was 80 and the grains were cold.	I flavored them with spirulina and chai tea. I like the spirulina much better.	carbinated	This is the best batch yet in terms of consistency and carbination and taste. During the second ferment stage, I shook the jars for 6-7 seconds and burped them every 2 hrs.