

Simple Beet Kvass

Makes about 1 pint

Ingredients

Approximately 1 large or 2 small beets (enough cubes to fill a quart jar halfway)

2 teaspoons sea salt

Water (preferably steam distilled)

Optional flavorings: 1 tsp cubed ginger, 1 tsp lemon peel, 1 tsp orange peel

Instructions

- Scrub the beets. Trim the tops and tails, but if they are organic leave the skins on.
- Cut the beets into 1/2" cubes.
- Place the beets in a clean quart size jar.
- Add salt to the jar. You can also add the optional flavorings.
- Cover the beets with water, leaving at least 1" of headspace at the top of the jar.
- Cover the jar tightly. Let the jar stand at room temperature. You may see bubbles inside the jar and brine may seep out of the lid. This is a good sign, but open the jar to ("burp") release the built gas. You don't want a jar explosion of beet juice...trust me!
- Open the jar once a day to taste the liquid and release gases produced during fermentation. If any mold or scum has formed on the top, simply skim it off, it's still good.
- When it tastes strong enough for your liking, strain out the beets and transfer the kvass to the refrigerator. You may drink it right away, but it's often best after a few days in the fridge. I like mine after 2 weeks in the fridge, it develops a smooth flavor.
- With the leftover beets you can add brine (salt and water) back to it for a 2nd ferment batch. It may take an additional day or two. Just repeat the above process.
- This will last in the fridge for at least a month or longer, but you should be drinking it 😊



Recipe by Penelope Thompson