

Beet Kvass

Recipe type: Ferment Cuisine: Russian

Prep time: 5 mins Total time: 5 mins

Beet kvass is deeply earthy, richly pigmented and an excellent tonic to promote good digestion and overall wellness. I use a starter culture ([available here](#)) to prepare my kvass.

Ingredients

- starter culture, (see above)
- 2 teaspoons unrefined sea salt
- 3 pounds beets, (peeled and cut into ½-inch cubes)

Instructions

1. Whisk starter culture and sea salt into 1½ quarts filtered water until well-dissolved.
2. Place beets into a 1-gallon vegetable fermenter or fermentation crock. Cover with liquid ingredients until the crock is full within one inch of its lip and the beets are completely submerged. Pour in additional filtered water, as necessary.
3. Allow the kvass to ferment at room temperature for at least one week before straining and serving.
4. Reserve the beets and 1 cup beet kvass to prepare beet kvass up to two more times. Add additional salt and water (you may omit starter for subsequent rounds) to the leftover beets and culture them up to two more times before discarding, or serve them as a sidedish or in salads.

Recipe by Nourished Kitchen at <http://nourishedkitchen.com/beet-kvass-recipe/>