



# BETROOT KVASS – LACTO FERMENTATION

## 2+ WEEKS

### **Fermented Beetroot (Beet Kvass)**

Beet kvass is great as an adrenal tonic, good for constipation and a super blood tonic. Making the kvass at home, allows you to be creative and add herbs to your kvass such as turmeric for it's anti-inflammatory properties, fennel for digestion or chamomile for it's calming properties and anti-inflammatory properties. I also love to use ginger!

### **Ingredients:**

2 medium beetroots - Organic is best (approx 2 cups diced or sliced - washed with peel on)  
3 cups filtered water  
1 heaped tablespoon fine sea salt, or Himalayan salt ( iodized salt will inhibit fermentaion)

**Use a 1 Litre Jar - Or you can double the recipe and use a 2 Litre Jar**

### **Optional Additions:**

- fresh dill ( or fennel fronds), bay leaves, or other herbs.
- pickling spices ( fennel seed, coriander seed, dill seed, peppercorns, celery seeds, caraway etc)
- sliced onion, shallots and/or garlic
- fresh sliced ginger or turmeric root.

### **Method:**

1. Dice or slice, two organic beetroot (about two cups) leaving the skin on. You want that bacteria from the skin, so dont peel! Place this in a sterile 4 cup jar.
2. Add any optional additions.
3. Mix 3 cups water with 1 heaped tablespoon of sea salt. Pour into the 4-cup jar, leaving 3cm of headroom at the top. (If you need more liquid: The ratio for topping up is 1 heaped teaspoon of salt per cup of water. Mix first, then add.



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4. Cover with a loose fitting lid. Place in bowl or baking dish (to collect any drips) and then place in a cool dark place. Check every 3-4 days. After about 2 weeks you should notice some slight bubbling when you tap the jar. To get this even more bubbly and effervescent, tighten the lid, burping daily (or twice a day) for a few days.

5. Refrigerate (either strain, or leave beets in- I leave mine in) or, for a tangier flavor, continue fermenting for 1-2 more weeks, burping often. It will continue to ferment in the fridge, but at a much slower rate, developing more depth of flavor. The sugar from the beetroot will continue to feed the healthy bacteria.

If you notice any white foam on top of your kvass it is most likely kahm yeast and harmless. Skim it off with a spoon and toss. But please show me a pic in the group.

Store this in the fridge, strain into a cup, and drink a small glass per day.



# BEETROOT KVISS – KEFIR STARTER – 48HRS

**Fermented Beetroot (Beet Kvass) using coconut water kefir as a starter**

**This recipe is based on a 2 Litre batch. Feel free to halve to make a smaller batch.**

## **Equipment**

2 Litre Jar/Bottle - with loose seal or you can use muslin cloth and a rubber band on top  
Sharp Knife  
Chopping board

## **Ingredients**

1 cup Cultured Wellness Coconut Water Kefir  
4 large beetroots peeled and sliced 2-3mm thick  
4cm cubed Fresh ginger grated  
1.25 litres Filtered water approx

## **Method:**

1. Place all ingredients in to a 2 litre jar.
2. Add filtered water leaving 4-5 cm's at least at the top of the jar.
3. Cover with muslin cloth and a rubber band or a jar that doesn't seal too well and leave to ferment. I sometimes use a jar with a rubber seal, but remove the seal, or just only place the lid on top and not very tight.
4. Check after 48 hours. If it is still quite sweet, leave for another 12hrs, then place in the fridge.
5. Once liquid is finished (used up), you can use the remaining beetroot and ginger to do another ferment following the same process.
6. Enjoy!