

## GINGER BEET KVASS

Kvass, the name given to a traditional Russian drink made from fermented cereal grains and vegetables, generally contains less than 1% alcohol, provides lactobacillus bacteria and electrolytes, and has traditionally been used to treat the sick. Beet Kvass is made from beetroot, salt, kefir whey and water, but tastes a little bland. The following recipe for beetroot ginger beer is a bright red beet colour and tastes great. Adapted from recipe of Abby Eagle, in Australia - <http://www.rejoiceinlife.com>

### INGREDIENTS

Makes 3 liters, enough for 4 x 750ml bottles.

- 5 tablespoons (75 gm, 2 1/2 oz) fresh ginger root.

Grate the ginger, and squeeze out the juice through muslin cloth into a glass bowl.

(Alternately, chop the ginger and puree with 1/4 cup clean water in small food processor. Strain.)

Place the juice in a 4 liter glass container (such as a sun tea jar or punch bowl).

Save the pulp for the next step.

- 4 tablespoons licorice root.
- 3 liters purified and remineralized water.

Add the licorice root & the ginger pulp to 2 cups of good water in a saucepan, cover with a lid and simmer for 30 minutes.

- 3 teaspoons green tea.
- 1 teaspoon stevia leaf.

Turn off the heat and add the green tea and the stevia. Leave to steep for 10 minutes.

- 1 medium beetroot (400gm), washed and trimmed

While the ginger water is simmering, shred the beetroot (thin julienne cut with

[V-Slicer Plus](#) works well), and place in the 4 liter glass container along with the ginger juice.

- 10 tablespoons (2/3 cup) lemon/lime juice.
- 1/8 teaspoon Celtic sea salt.

Add the lemon/lime juice and the salt to the 4 liter container.

Strain the tea through muslin cloth (sieve works) and set aside to cool.

Place the pulp into 2 cups of fresh water and simmer for a further 5 minutes before straining once again. Discard the pulp. Add the cooled tea to the 4 liter container.

- 1/3 cup raw honey.
- 1 teaspoon [Grainfields](#) powder or liquid (a probiotic <http://www.grainfieldsaustralia.com/>)
  - or 2 tablespoons [kefir whey](#)
  - or 1/2 cup of ginger beer from a previous batch

Dissolve the raw honey in a cup of warm water then add to the container.

Make up to 3 liters with good quality water. Add remaining ingredients, except honey below.

Cover the bowl with a tea towel held in place with elastic, and leave to ferment at 20-25C for 5 days.

Skim any foam from surface of the kvass. Strain through muslin and divide amongst four 750ml bottles, being careful to avoid disturbing any dregs, leaving them in the bottom of the bowl.

- 4 teaspoons raw honey (or 4 teaspoon Sucanat).

Dissolve honey in half a cup of water and divide amongst the four bottles. (Alternately, add 1 teaspoon Sucanat to each bottle.) Top up with water, cork and leave to ferment for 2 days. Set bottles on a tray in case the cork leaks. Store in refrigerator.