

# Sparkling Beet Kvass Recipe

**Style:** Lacto-Fermented Vegetable Drink | **ABV:** 0.5-1.5% | **Fermentation Time:** 3-7 days | **Difficulty:** Beginner

## Recipe Quick Stats

Stat	Value
Style	Lacto-Fermented Vegetable Drink
ABV	0.5-1.5%
Primary Fermentation	3-5 days
Secondary Fermentation	1-3 days
Batch Size	1 quart/liter
Fermentation Temp	65-75°F (18-24°C)
Total Time	4-8 days
Difficulty	Beginner

## Ingredients

### For 1 Quart/Liter Batch:

- 2-3 medium organic beets (approximately 300-400g)
- 1-2 teaspoons sea salt or kosher salt (non-iodized)
- Filtered water (chlorine-free)
- 1 teaspoon sugar (for secondary fermentation)

### Optional Flavor Additions (choose one combination):

- Traditional: 1 teaspoon caraway seeds + 3-4 sprigs fresh dill
- Citrus: 2-3 strips orange or lemon peel (avoid white pith)
- Spicy: 1-inch piece ginger, sliced + pinch of cayenne
- Aromatic: 2-3 sprigs fresh herbs (thyme, rosemary, or tarragon)

## Equipment Needed

- 1-quart/liter glass jar with lid
- Airlock or fermentation lid (optional but recommended)
- Flip-top bottles for carbonation
- Fine mesh strainer

- Vegetable peeler and knife
- Cutting board
- Measuring spoons

## **Instructions**

### **Day 1: Preparation and Primary Fermentation Setup**

1. Scrub beets thoroughly under cold water (don't peel)
2. Trim ends and remove any damaged areas
3. Cut into approximately 1-inch cubes
4. Place beet cubes in clean glass jar, filling about 1/3 of the volume
5. Add salt (approximately 2 teaspoons per quart/liter)
6. Add optional flavorings if desired
7. Fill with filtered water, leaving 1-2 inches headspace
8. Stir until salt dissolves completely
9. Cover with airlock lid or regular lid (if using regular lid, loosen slightly once daily to release pressure)
10. Label with start date
11. Place in room temperature location (65-75°F/18-24°C) away from direct sunlight

### **Days 2-5: Primary Fermentation Monitoring**

1. Check daily for:
  - Liquid turning deep ruby red
  - Small bubbles appearing
  - Development of tangy aroma
2. If using regular lid, briefly open daily to release pressure
3. Taste small amount after 2-3 days to gauge progress
4. Primary fermentation is complete when:
  - Liquid is deeply colored
  - Taste is tangy and slightly earthy
  - Sweetness has diminished
  - Typically takes 3-5 days (warmer) or 5-7 days (cooler)

### **Creating Sparkling Beet Kvass (Secondary Fermentation)**

1. Strain the kvass:
  - Pour through fine mesh strainer into bowl

- Reserve beet pieces for culinary uses or compost
2. Bottle for carbonation:
- Add 1 teaspoon sugar per 16 oz/500ml bottle
  - Fill bottles leaving 1-inch headspace
  - Seal tightly with flip-top lids
3. Monitor carbonation development:
- Leave at room temperature for 1-3 days
  - "Burp" bottles daily by briefly opening
  - When desired carbonation is reached, refrigerate

## Serving Suggestions

### Traditional

- Consume 2-4 oz (60-120ml) as a morning digestive tonic
- Serve chilled in small glasses
- Drink straight or dilute slightly with water if too intense

### Contemporary

- Serve 4-8 oz (120-240ml) over ice as refreshing beverage
- Add splash of sparkling water for lighter option
- Use as base for non-alcoholic cocktails with herbs and citrus

## Storage

- Refrigerate for up to 1 month
- Carbonation will gradually diminish over time
- Flavors will continue to develop in refrigerator

## Flavor Variations

### Traditional Eastern European

- **Classic Ukrainian:** Caraway seeds and fresh dill
- **Russian Style:** Add 1-2 cloves crushed garlic
- **Polish Variant:** Add 1 teaspoon grated horseradish root

### Modern Interpretations

- **Golden Beet Version:** Use golden beets for milder flavor
- **Mixed Root:** Replace 1/3 of beets with turnips or radishes

- **Berry-Infused:** Add ¼ cup berries during secondary fermentation
- **Immunity Boost:** Add 1-inch ginger + ½-inch turmeric, thinly sliced

## Troubleshooting

### Slow or Stalled Fermentation

- Move to warmer location
- Ensure water is chlorine-free
- Verify correct salt measurement (too much can inhibit fermentation)

### White Film on Surface

- Likely harmless kahm yeast
- Skim off, continue fermentation
- Use airlock in future batches to reduce oxygen exposure

### Excessive Pressure in Bottles

- "Burp" bottles more frequently
- Reduce sugar in secondary fermentation
- Refrigerate earlier to slow fermentation

### Off Flavors or Odors

- Trust your senses—discard batches with unpleasant smells
- Ensure proper salt concentration
- Maintain cleanliness in future batches

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