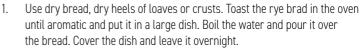


RYE BREAD KVASS

120 rye crackers (crusts, ends, slices)
1.3 l water
50 g brown sugar
3 g dry or 9 g fresh yeast



- 2. The next day sieve the liquid into a dish to ferment. Add and stir in the sugar.
- 3. Stir the yeast with a bit of sugar in warm water and leave until foam appears. Add the yeast to the *kvass* and stir.
- 4. There will be foam at the top of the liquid, but they will collapse. A few hours later, small bubbles will start to rise.
- 5. Pour the *kvass* into bottles with firm corks and refrigerate overnight.
- 6. You can taste the *kvass* the next day, but be careful, because the bottle swill be under pressure. Prepare a glass and very carefully open the cork, gradually releasing the air.
- 7. Store and serve the *kvass* refrigerated. It will not last long.

Kvass is an ancient beverage. Store up dried pieces of rye bread to prepare a refreshing drink or some traditional sweet bread soup (see recipe on page 18).

