



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

1. Use dry bread, dry heels of loaves or crusts. Toast the rye bread in the oven until aromatic and put it in a large dish. Boil the water and pour it over the bread. Cover the dish and leave it overnight.
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 will 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).