

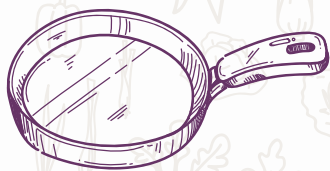
KVASS

(FERMENTED BEETROOT)

By Vaso Makri

- Organic beetroots (they need to be organic because we are fermenting them with the skin on)
- Dill
- Pickling spices
- Garlic (optional)
- Salt, 1 tablespoon per litre of water
- Water, enough to cover the beetroots

1. Wash beetroots and cut into bite-sized pieces.
 2. Boil the water and let it cool.
 3. Roast the pickling spices until fragrant.
 4. Once everything is ready, pack the beetroot in layers with the dill and the garlic, if using, into jars and top off with salty water (mixed with salt at a 1 tablespoon/litre ratio).
 5. Leave in a dark cupboard for 2 weeks or until you like the acidity. Then transfer to the fridge.
- If you like it more carbonated, tighten the lid and burp less often.



Find more local food recipes and a calendar of what's in season in North Lancashire:

foodfutures.org.uk/cooking