



sizzle
M A G A Z I N E

Northeastern Kvass

by Pascal Baudar

Recipe from *The Wildcrafting Brewer*

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Northeastern Kvass

Yield: 6 servings

This recipe is based on the forest I like to hike in Vermont. It's a mix of pine and root flavors, a bit like a kvass root beer. It's quite enjoyable and nutritious. The method is a bit different, as the pine branches and spruce are not boiled. Of course, maple syrup is the source of sugar for this fermentation, and the wild yeast is from a dandelion flower starter.

Ingredients

1/2-1 pound (227-454 grams) **rye (or other) bread**

1 gallon (3.78 liters) **water**

1 1/2 cups (335 milliliters) **maple syrup**

2 tablespoons (10 grams) **sassafras root bark**

1 tablespoon (5 grams) **sarsaparilla roots** (optional)

1 tablespoon (5 grams) chopped **dandelion roots**

1/2 teaspoon (1 gram) dried **wintergreen leaves**

Handful of **turkey tail mushrooms** (optional)

Small piece (3/4 – 1 inch) **ginger** (optional)

A couple of small **spruce or white pine branches**, or any lemony-tasting pine needles (you can also use a couple of lemons if you want; juice them and throw them in the pot)

1/2 -3/4 cup (120-180 milliliter) **wild yeast** or commercial beer yeast.

Method:

Use a similar brewing method as Traditional Kvass. The main differences are that you can place the turkey tail mushrooms in the water from the start (at the same time as the sugar) so they boil longer than the other ingredients. The spruce or white pine branches are added when the liquid is cooled down and the yeast goes in. It's a personal choice, but I don't like the flavor of boiled spruce/fir/pine. Don't forget to cut the top of the needs so the flavors can be extracted. Because I use lots of barks, dried leaves, and roots in this recipe, I don't place the pot in cold water but simply set it outside. The warm water cools slowly, and I extract more flavors that way.