

Fermented Beetroot Elixir

➊ Ingredients

500 g raw beets (peeled, cut into chunks)

1 litre filtered water (room temperature, NOT chlorinated)

20 g natural sea salt (non-iodized, no additives)

Optional:

2 garlic cloves

2–3 slices of fresh ginger

2 bay leaves

A few peppercorns



lets make it!

1. Chop the beets in the Thermomix

Add beets to the mixing bowl. Chop 5 sec / speed 4

(You want chunks, not grated beets — fermentation works best this way.)

2. Prepare the brine

Add the water and salt to the bowl. Mix 10 sec / speed 3, until the salt dissolves.

(Thermomix ensures perfect salt distribution and prevents undissolved crystals)

3. Transfer to a jar

Place the chopped beets (and optional garlic/ginger/spices) into a 1.5–2 L sterilised glass jar or a bottle. Pour the brine over the beets.

Make sure everything is submerged — use a fermentation weight or a small glass insert.

4. Fermentation

Cover the jar with a clean cloth or loose lid.

Leave at room temperature 3–5 days, away from direct sunlight.

Taste daily — the longer it sits, the stronger and more acidic it becomes.

Bubbles and cloudiness are normal — it means your kvass is fermenting beautifully.

5. Strain and store

After fermentation, strain the liquid into a bottle.

Keep in the fridge for up to 2 weeks.