Hello fellow brewers, friends. I hope you all are doing well. I so wish we could get together for a BBQ and a homebrew. I am continuing to learn more about brewing and getting a better understanding of the process. I would love to hear from you. As usual, I ask for your feedback. Have you made this before? Are you willing to try it? Are there ingredients you think would be better than what I used? What qualities do you think this drink would have?

**Mint Kvass**

Mint kvass is a traditional Russian tribal beer. Traditionally it is consumed with “solids”. It is a healthy drink that is good for colds, flu, headaches/migraines, improves digestion, and helps fight infections.

I know that you can also just use stale bread in your brew. This was a way to honor the tradition. I get together for a BBQ and a homebrew. I am continuing to learn more about brewing and getting a better understanding of the process. I would love to hear from you. As usual, I ask for your feedback. Have you made this before? Are you willing to try it? Are there ingredients you think would be better than what I used? What qualities do you think this drink would have?

**Ingredients**

- 1 gallon water
- 2 cups of fresh mint
- 12 ounces rye flour
- 1/2 cup of bread yeast
- 1/4 cup of lemon balm

**Instructions**

1. During the 90 minute wait, combine the peppermint with the other half of the sprigs of peppermint and 2 cups of water. Let it simmer for 10 minutes and then strain.
2. For the bread yeast: prefermented bread must be naturally fermented to get the wild yeast that gives this drink its unique taste. If you prefer to use bread yeast, use 1/2 cup of rye flour in a bowl and add 1/4 cup of water. Let it sit for 12 hours. After that time, add 1/4 cup of bread yeast and let it ferment for another 12 hours.
3. Once it has finished fermenting, rack/strain and bottle. Allow to ferment only 12 hours, bread yeast will leave the beer sour and funky. Allow to cool to 70 degrees F then add the yeast and let it ferment for 12 hours.
4. After that time, bottle and enjoy your kvass.

**Notes:**

- This kvass is a healthy drink that is good for colds, flu, headaches/migraines, improves digestion, and helps fight infections.
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