

KVASSISTENT — human quick guide

[illegible]

What this is

KVASSISTENT helps a person make homemade Zhizha kvass without confusing the game with the real process. Russian and English are the knowledge sources; every other localization follows the same structure, quantities, risks, and sequence of actions.

3-liter baseline

- water — 3 L;
- fully dry bread crackers — 180–220 g;
- preferably 150 g white and 50–70 g rye or Borodinsky;
- sugar or panela — 100–120 g;
- malt — 20–30 g or rye flour — 10–20 g;
- first batch: 0.5–1 g dry or 2–3 g fresh yeast;
- later batches: 500 ml old kvass or 3–5 tbsp active sediment.

Short process

1. Toast the bread dark golden; do not burn it.
2. Infuse it in boiling water for 4–8 hours.
3. Strain thoroughly through clean gauze, a folded bandage, or a food-grade filter bag: ferment the liquid, not bread porridge.
4. Add sugar or panela and cool the infusion to 25–35°C.
5. Add starter and cover with cloth, gauze, or a loose lid.
6. Ferment for 8–12 hours; at 28°C start checking after 4–6 hours.
7. When the surface is clean and smell and taste are normal, strain again through clean gauze, a folded bandage, or a food-grade filter bag.
8. Bottle in food-grade PET, let pressure build, and chill immediately when the bottle becomes firm.

