

CONTRABAND FERMENTS

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DOOGH

*Adapted from recipe by Phickle

Ingredients

- 1/2 cup Rejuvelac
- 3 1/2 cups water
- 2 3/4 cups yogurt (see post if using Greek or other thick, strained yogurt)
- 1 to 2 teaspoons dried mint or three 3-inch sprigs fresh mint (I prefer chocolate mint, but any peppermint will work well)

Instructions

1. Place grain in a quart jar and add filtered water...we like to do this with quinoa, bulgar, or spelt. Add a lid tightly and allow to sit at room temperature for 3 to 4 days until fizzy and active.
2. Once fizzy and active your starter is ready. Strain the grain and reserve the liquid (Rejuvelac). You should have about 2 cups of liquid.
3. Using a funnel, pour your homemade or store bought yogurt into your 1 liter, sealing bottle (we like two liter soda bottles for this.) and add mint and Rejuvelac until bottle is mostly full. Carbonation is helped by a little breathing room, so if you like it fizzy, leave at least two inches of headspace.
4. Place the bottle in a room temperature spot away from direct sunlight and allow it to ferment until the plastic has become rigid, about 24 hours. Let ferment for 24-48 hours until fizzy and tangy smelling. It might need more time pending on the temperature outside.
5. Pop it in the fridge for a couple hours to fully chill before serving. The thickness of the yogurt means that it won't be bubbly the way soda is, but you will have some nice effervescence.

