

Basic Sourdough starter with no yeast.



Use a scale: if you don't have one, you can start with a quarter cup of each: water and flour

Clear clean jar (large enough for your starter to triple in size)

Flour – UNBLEACHED white, or whole wheat work best.

Water – room temp or around 72 degrees

Day 1:

Add to the jar: 40 grams of flour

Bring it to 80 grams with the water (add 40 grams of water)

If you are not using a scale, add ¼ cup flour to the jar, then ¼ cup water.

Stir well, make sure everything is wet (you don't want any dry flour in there). – it's not runny. It's thick.

Let sit for 24 hours with the lid on loosely. You may see a few bubbles, but it won't rise.

Day 2:

Add 40 grams flour and 40 grams water (this is called feeding)

If you are not using a scale, add ¼ cup flour then ¼ cup water. (keep using this measurement every day)

Let sit for 24 hours – you should see a few bubbles on top.

Day 3:

Add 40 grams flour and 40 grams water (put an elastic around the jar or a piece of tape, to mark the full line so you can track the rising).

Let sit for 24 hours – you may get some rise this time.

Day 4 – through Day 7 (or more) – you should have good starter between 7 and 14 days

Take half out and feed again, (you need at least two tablespoons remaining in the jar of the existing starter).

Feed twice a day for best results. (flour is the food for the starter, the more you feed it, the happier it is). It's fermenting, so it's making its own yeast. You will notice the fermenting smell (that's a good thing).

What does a good starter look like? It has good bubbling on top, and you should see good bubbles down the side of the jar. It's not too runny, but it does move when you tilt the jar. It should also smell fermented (like beer),

Where to store your starter.

If your house is warm, on the kitchen counter, or in a cupboard beside your fridge.

We keep ours in the oven with the light on – I need to see it daily to remind me to feed it and the light provides a small amount of consistent heat.

Track how long it takes for your starter to get to maximum rise – you need to know this when you start to make the bread.

Example: Mine is 4-1/2 hours from when I feed it a little longer if I leave it on the counter as it's cooler there.

Good Luck: See you at the next step.

