



SOURDOUGH STARTER PROCESS CHECKLIST

DAY ONE. EVENING.

Ingredients:

115 grams organic whole wheat flour, about 1 cup (Whole wheat flour is only used on day 1. It is important to use organic whole wheat flour for this first feeding due to the higher amounts of nutrients needed for the wild yeast and friendly bacteria to develop.)

115 grams lukewarm/room temperature water, about ½ cup (If ambient temperature in room is cool, use lukewarm water. Otherwise use room temperature water.)

Method: In a medium glass bowl, stir whole wheat flour and water together until combined. Cover loosely with plastic wrap and let rest at room temperature for 24 hours.

DAY TWO. EVENING.

Ingredients:

115 grams starter, not quite 1 cup

115 grams all-purpose flour, about 1 cup

115 grams water, about ½ cup

Method: Stir the starter, then discard all but 115 grams of starter. Add all-purpose flour and water, stirring to combine. Cover loosely with plastic wrap and let rest at room temperature for 24 hours.

DAY THREE. EVENING. (STANDARD FEEDING PROCESS)

Ingredients:

115 grams starter, not quite 1 cup

115 grams all-purpose flour, about 1 cup

115 grams water, about ½ cup

Method: Stir down the starter, then discard all but 115 grams of starter. Add all-purpose flour and water, stirring to combine. Cover loosely with plastic wrap and let rest at room temperature for 12 hours.

DAY FOUR. MORNING. (2 FEEDINGS TODAY, 12 HOURS APART.)

Repeat standard feeding process as done on Day 3. Starter will likely be shaggy, wet, and stretchy at this point.

DAY FOUR. EVENING.

Repeat standard feeding process as done on Day 3. More bubbles will begin to appear, and there will be a more noticeable increase in volume at this point.

DAY FIVE. MORNING. (2 FEEDINGS TODAY, 12 HOURS APART.)

Repeat standard feeding process as done on Day 3. Observe larger bubbles, starter growing more in volume.

DAY FIVE. EVENING.

Repeat standard feeding process as done on Day 3.

DAY SIX. MORNING. (2 FEEDINGS TODAY, 12 HOURS APART.)

Repeat standard feeding process as done on Day 3.

DAY SIX. EVENING.

Repeat standard feeding process as done on Day 3.

DAY SEVEN. MORNING.

Look closely at the starter to make sure it is risen and bubbly. If it is not, continue feeding process twice daily for another day or two. Otherwise, your starter is now ready to be transferred to a large jar with a lid and refrigerated.

Congratulations! You've got your very own baby sourdough starter! It's time to get ready to bake all the things. Keep in mind, as time goes on, your starter will become more and more active and also gain a greater depth of flavor. Those first few loaves of sourdough bread won't have quite the same outcome as those made with a more mature starter. I found that my starter really went gangbusters after about 7 or 8 weeks. A significantly noticeable increase in bubble activity as well as the rise and flavor of my breads.

MAINTENANCE FEEDINGS: (ONCE EVERY 5-7 DAYS)

I always feed my sourdough starter on Sundays. It's just easy for me to remember "**Sourdough Sundays**". Feel free to adapt to your own schedule, but be sure to be consistent. A reminder in your phone might be helpful until it becomes second nature.

EVERY SUNDAY MORNING.

Repeat standard feeding process as done on Day 3. Make sure that starter has rested at room temperature for 12 hours after a feeding before transferring to refrigerator.

EVERY SUNDAY EVENING.

Return rested starter to refrigerator and leave it alone until you're ready to bake or until next week's feeding.