

HOW TO FEED SOURDOUGH STARTER



Ingredients (Yield 80 g starter 1x):

50 g all-purpose wheat flour

50 g filtered water room temperature

Preparation:

1. At around 9:00 pm, take the active starter out of 1 the refrigerator.
2. Remove and throw away all but about 1 tablespoon of the starter.
3. Add 50 g of purified water and 50 g of all-purpose wheat flour.
4. Stir, cover, and leave out on a counter at room temperature overnight.
5. The following morning when the starter is active and bubbly and about doubled in volume, use in bread or place it in the refrigerator.

6. We find that the starter takes about 12 hours in our home to double in size; timing in your home may vary slightly.

7. If you're using the sourdough starter in bread, place any remaining starter that you didn't use in the recipe in the refrigerator until the next feeding.





Notes:

Our sourdough bread recipe calls for 80 g of sourdough starter, leaving 20 g of starter for the next batch.

If you're using a different bread recipe that calls for more starter, you can add any amount of flour and water as long as the weights are the same.