

# Getting Started With Sourdough



**Nothing beats the smell of freshly baked sourdough bread! Learn how to craft your own sourdough starter.**

## **Ingredients:**

113g (1 cup) whole wheat flour

113g (½ cup) lukewarm water

*For more precise measurements weigh out the ingredients on a food scale.*

## **Directions:**

**STEP 1:** In a large glass, stainless steel, or food grade plastic container, combine the flour and water. Make sure to mix well so there is no dry flour. Cover loosely and leave on the counter at room temperature (at least 65-70°F) for 24 hours.

**STEP 2:** After 24 hours, begin the feeding process (see feeding directions on next page).

*Discard from a beginning starter should be composted or thrown away until the starter – and the microorganisms that create the signature sourdough rise and flavor – is fully established.*

**STEP 3:** After 7 to 10 days of feeding, the starter should be established and ready to use for baking. Signs of an established starter include bubbles (the more active the starter, the more bubbles) and volume (the starter will double in size within 4 to 5 hours of feeding). Discard from this mature starter is now safe to use in discard recipes. Maintain the mature starter by continuing to feed on a regular schedule.



# Feeding Your Starter

**STEP 1:** Measure out 113g (½ cup) of starter. Discard the remaining starter, either by composing/disposing in the trash can or using in a discard recipe (remember: only use discard from an established starter in discard recipes).

**STEP 2:** Stir in 113g of lukewarm water until well mixed. Add 113g of flour and mix well, ensuring no dry flour remains. Loosely cover and let sit at room temperature for 24 hours.

**STEP 3:** Repeat the above steps every day around the same time to feed the starter.

## NOTES:

A thin layer of liquid, or “hooch,” on the top of the starter means the starter is hungry. Simply feed the starter as usual and repeat for a few days to allow it to return to normal activity before using it to bake.

Planning to bake with the starter consistently? Feed it twice a day for a more active starter.

Planning on using the starter occasionally? Store it in the fridge and feed it weekly, allowing it to rest at room temperature for 2-4 hours after feeding before returning to the fridge. Before use, allow the starter to return to normal activity by moving to room temperature and feeding daily for at 2-3 days.

# Sourdough Discard

## STORING DISCARD

Don't plan on baking with the discard from the mature starter right away? Store it in a separate container in the fridge until needed. Multiple days of discard can be stored in the same container and used for baking in discard recipes.

## USING DISCARD

Discard can be used to create a new starter, either to create multiple starters for a big baking day or to share with friends and family! Place fresh discard from the original starter in a new container and feed it the same way by adding flour and water. Since it came from an established starter, the new starter can be used to bake right away.

*Discard can be used in a variety of different recipes for baking, from crackers to pancakes to cookies and more!*

