

Sourdough Starter Recipe

from Buttered Side Up

Ingredients

- 1 3/4 cups organic whole wheat flour
- 1 1/4 cups organic unbleached all purpose flour
- 1 3/4 cup unchlorinated water

Instructions

Day 1:

Mix together 30 grams of whole wheat flour and 30 grams of warm (no warmer than 110 degrees F) chlorine free water in a very clean small jar. Cover loosely with a lid and mark the height of the starter with a rubber band or sharpie. Set aside in a warm spot out of direct sunlight.

Day 2:

Discard all but 30 grams of the starter from the previous day. Add 30 grams each of whole wheat flour and water. Cover and mark the height of the starter. Set aside in a warm spot out of direct sunlight.

Days 3-6:

Feed and care for the starter in the same way as day 2.

Day 7:

Make a mixture of 30 grams whole wheat flour and all purpose flour.

Discard all but 30 grams of the starter. Add 30 grams of the 50/50 flour blend and 30 grams of water and mix well. Cover with a lid and mark the height of the starter. Set aside in a warm spot out of direct sunlight.

If your starter begins doubling after 8-12 hours, start feeding it twice a day. If there is little activity, you're safe to feed it once a day.

Days 8-14

Begin feeding your starter with 30 grams of unbleached all-purpose flour and water.

When is Your Starter Ready to Use?

If your starter is consistently doubling within 8-12 hours, smells pleasant, and passes the float test, you can start baking with it.

To perform the float test, drop a small amount of starter in a glass of room temperature water. If it floats, it passes the test!

Maintaining Your Starter:

Continue to feed your starter at least once a day until day 14. At this point you can feed your starter one last time and keep it in the fridge. Feed it at least once a week to maintain its strength.

Or you can continue to keep your starter at room temperature if you feed it at least once a day. It won't die if you miss a day here and there, but if you let it go too long it will lose strength.

Recipe Notes

If you live in a very warm environment, you can switch to a 50/50 whole wheat/all-purpose flour blend on day 4.

You may find that your starter is ready to be baked with after just 7 days. If it's doubling consistently within 8-12 hours of feeding it and smells pleasantly yeasty, perform the float test to see if it's ready to be baked with.

If you live in a very cool environment, it may take up to 2 weeks for your starter to be ready to baked with. Just be patient and continue to feed it regularly and it will eventually take off!

You can use 3 tablespoons of flour and 2 tablespoons + 1 teaspoon of water if you don't own a scale. Discard all but a scant 2 tablespoons.