

# Sourdough Starter

This is a long process. It can take up to 8 days to get going. Be patient. Once you have an active starter going you can keep it alive forever!

## Ingredients:

To begin with you need:

- ¼ cup unbleached all-purpose flour
- ¼ cup whole wheat flour
- ¼ cup warm water – around 100°F

- You will need at least 2 more cups of all-purpose flour on hand and ¼ cup whole-wheat flour.

## Day One

- In a large jar combine ¼ cup unbleached all-purpose flour; ¼ cup whole wheat flour and ¼ cup (distilled in you have it) warm water – around 100°F. The mixture will be really thick. Let mixture breath for 30 minutes then put a lid on the jar and store it in a warmer part of your kitchen.

## Day Two

- 24 hours later, add ¼ cup unbleached all-purpose flour; ¼ cup whole wheat flour and ¼ cup warm water. Stir well and put a lid on the jar and store it in a warmer part of your kitchen.

## Day Three

- 24 hours later you should start to see some bubbles at the top and there should definitely be a smell developing – kind of sour/vinegary, but not quite yeast smelling yet. You may need a large jar or bowl. Add ½ cup unbleached all-purpose flour and ¼ cup warm water. Stir well and put a lid on the jar and store it in a warmer part of your kitchen.

## Day Four

- 24 hours later, your mixture will probably be really runny. Get a clean jar and pour HALF of the starter into the new jar (discarding the rest). Add ½ cup all-purpose flour and ¼ cup water. Stir and put a lid on. Mark the area where the top of the starter is with a rubber band. The goal now is to get the starter to double in size. You may need to move the jar into the oven with the oven light on for a few hours.

## Day Five

- 24 hours later, check to see if your starter is ready. First, has it doubled in size? If yes, take a spoonful out and drop it into some water. If it floats, it's ready! (See note below)
- If the starter has not doubled in size, put half of the starter (again discard the other half) and add ½ cup all-purpose flour and ¼ cup water to a clean jar. Stir and set aside somewhere warm until the next day.

## Day Six – Eight (same as day five until your starter is ready)

- Room temperature has a lot to do with getting your starter going. If it's cool in your kitchen it will take longer.

- \*Note: Once your starter is ready (it doubled, it floats and smells like yeast) remove half (you can use it to bake) and feed it ½ cup flour and ¼ water. Mark the top of the jar with the date so you know when you need to feed it next. Place in fridge and feed once per week (discarding or using half of the starter as you go).