

How to Make Sourdough Starter

Sourdough is one of the oldest forms of grain fermentation and produces a much more nutritious bread. You can make your own starter in just a week!

Day 1

In a clean glass jar combine 1/2 cup of flour with 1/4 cup warm water. Mix until smooth. Cover with cloth to allow breathing, and leave for 24 hours.

Day 2

Check for fermentation. Can you see bubbles? If yes, celebrate! If no, be patient and wait 24 more hours.

Do you see amber colored liquid in your starter? Don't panic! That's just hooch (a form of alcohol). You can remove it with a spoon or mix in.

Day 3

Feed your starter. First, dump out half (we only do this during the "starting" phase). Now add in 1/2 cup of flour and 1/4 cup warm water. Mix until smooth. This should now be thick like pancake batter. If it is so thick you can't stir, add in a bit more water.

Leave for 24 hours

Days 4, 5, 6

Repeat this process on days 4, 5, and 6. You should see more and more bubbles forming every day. By day 7, sourdough should be double in size. It should be fluffy and smell "sourdough-y". Your starter is now ready to use!



Sourdough Maintenance

Feed starter daily. Never use up the last bit of starter! This can be kept indefinitely and properly fed gets better with age.

If you need to leave your sourdough for more than a few days, you can spread a layer of sourdough out on the counter and let dry. Crumble and put in airtight jar. This will last indefinitely. To regenerate, just follow the steps above.