

## HOW TO MAKE SOURDOUGH STARTER



### **Ingredients (yield 1 starter):**

Whole wheat flour

All-purpose wheat flour

Room temperature filtered water

### **Preparation:**

1. Day 1: Use a kitchen scale to add 25 g whole wheat flour, 25 g all-purpose wheat flour, and 50 g of water. Stir to combine. The mixture should look like a thick paste. Cover the jar and place in a warm location for 24 hours. The temperature of your room can have a big effect on the speed at which your starter grows. Ideally, you want to be between 68 and 72° C. The starter will not flourish in cooler temperatures.
2. Day 2: You may or may not see a few bubbles starting to appear in the starter. Either way, discard about half of the starter and add the same ingredients to the jar: 25 g whole wheat flour, 25 g all-purpose wheat flour, and 50 g of water. Stir to combine. Cover the jar and place in a warm location for 24 hours.
3. Day 3: You will likely see a few more bubbles today. The starter should start to smell a little

bit sour in a good way. Again, discard half of the starter. Today, you'll switch to using only all-purpose wheat flour. Add 50 g all-purpose wheat flour and 50 g of water. Stir to combine. Cover the jar and place in a warm location for 24 hours.



4. Day 4: You should see a lot more bubbles and the starter should increase in volume. Follow the same process: discard half of the starter. Add 50 g all-purpose flour and 50 g of water. Stir to combine. Cover the jar and place in a warm location for 24 hours.

5. Day 5: The starter will be very bubbly and double in volume. It will have a funky sour smell that indicates the magic of sourdough is ready to happen. This starter is ready to use.



**Notes:**

Depending on your room temperature conditions, it might take several more days of the same process to get the starter to be really bubbly and active