

Starter Care Guide



What You'll Need

To begin your sourdough starter, you'll need a few basic items:

FLOUR:

Use all-purpose or whole wheat flour.

WATER:

Use filtered or bottled water.

A JAR:

A clear glass jar or container with a loose-fitting lid.

A SPOON:

To mix your starter.

Starting Your Starter

Day 1: Mix Ingredients

1. COMBINE INGREDIENTS

- Mix 1/2 cup of flour and 1/2 cup of water in your jar.
- Stir until smooth. Cover the jar loosely.

2. LET IT SIT

- Place the jar in a warm spot, like on the kitchen counter.
- Let it sit for 24 hours.

Day 2: Check and Feed

1. CHECK FOR BUBBLES

- Look for tiny bubbles on the surface. This means it's working!

2. FEED YOUR STARTER

- Discard half of the starter.
- Add 1/2 cup of flour and 1/2 cup of water. Stir well.

Day 3-7: Keep Feeding

1. REPEAT DAILY

- Each day, discard half of the starter.
- Feed it with 1/2 cup of flour and 1/2 cup of water.

2. WATCH FOR GROWTH

- Your starter should start bubbling more and growing in size.

Day 7: Ready to Use

YOUR STARTER SHOULD BE BUBBLY AND HAVE A PLEASANT, TANGY SMELL. NOW, IT'S READY TO USE FOR BAKING!



Troubleshooting Common Issues

No Bubbles or Growth

PROBLEM:

Your starter isn't bubbling or growing.

SOLUTION:

Ensure it's in a warm place.
Try using whole wheat flour for a boost.

Unpleasant Smell

PROBLEM:

The starter smells bad, like rotten cheese.

SOLUTION:

Discard half and feed it. A tangy smell is okay, but it shouldn't be foul.

Dark Liquid on Top

PROBLEM:

There's a dark liquid layer on top.

SOLUTION:

This is called "hooch" and is normal. Pour it off or stir it in before feeding.

Long-Term Care Tips

Storing Your Starter

ON THE COUNTER:

Feed your starter daily if you bake often.

IN THE FRIDGE:

Feed it once a week if you bake less often.
Let it warm up before using.

Feeding Schedule

REGULAR FEEDING:

Keep your starter strong by sticking to a regular feeding schedule. This keeps it active and ready to use.

Refreshing Your Starter

AFTER A BREAK:

If your starter has been resting, refresh it with a few feedings before using it in recipes.

Sharing and Using

SHARING:

You can share your starter with friends. Just give them a piece and tell them how to feed it.

USING:

Use your starter in bread, pancakes, and more!



Conclusion

Congratulations! You now know how to start and maintain a healthy sourdough starter. Enjoy baking with your new sourdough buddy, and have fun experimenting with different recipes. Happy baking!



HOMESTEAD BOOKS

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