

Sourdough Starter

Starter Hydration + Maintenance

RE-HYDRATION

ONLY use filtered water and unbleached flour whenever feeding starter

1. Mix 5g starter with 25g water. Let sit for 1 hour or until dissolved.
2. Add 20g unbleached flour and mix.
3. Follow maintenance steps

COUNTER MAINTENANCE

- Feed twice daily
- Use a 1:2:2 ratio for maintenance
- ex: 30g starter, 60g flour, 60g water
- Use a breathable cover like cloth with a rubber band
- Put extra starter in a separate "discard" jar
- Use a mix of whole wheat and all purpose flour (the yeast loves whole wheat!)

FRIDGE MAINTENANCE

- Feed on counter using counter method for 2 days prior to baking
- Feed and discard weekly when not baking
- Can stay in fridge indefinitely when on vacation.
- Scrape away top layer if there is discoloration.
- Throw away if moldy or smells very bad

Sourdough Bread Recipe

STARTER PREP

- Mix 30g starter with 90g flour and 90g water the night before baking
- 78F is the ideal starter temperature
- you can use a brewers heating pad in winter to add some extra heat
- filtered water is best for starter
- Starter **MUST** double in 4-6 hrs in order to leaven bread



BEGINNER

SOURDOUGH RECIPE

- 800g bread flour (11.7% protein or higher)
- 600g water
- 160g active starter
- 20g salt

Sourdough Bread Techniques

- SOURDOUGH IS MORE A TECHNIQUE THAN RECIPE
- EVERYONE HAS THEIR OWN DEVELOPED TECHNIQUE
- THE MORE YOU RESEARCH, WATCH VIDEOS, AND PRACTICE, THE MORE YOU WILL FIND WHAT WORKS BEST FOR YOU

RESEARCH THE FOLLOWING TECHNIQUES

MIXING DOUGH

AUTOLYSE
INOCULATION (ADDING STARTER)
HAND MIXING
BAKERS PERCENTAGES

BULK FERMENT

STRETCH AND FOLD
COIL FOLDS
COLD RETARD
POKE TEST
SHAPING

BAKING

DUTCH OVEN BAKING
ADDING ICE
BAKING TEMPERATURES
PIZZA STONE BAKING

Additional Resources

BOOKS

SOURDOUGH EVERY DAY (DE LA CRUZ)
NEW WORLD SOURDOUGH (FORD)
TARTINE BREAD (ROBERTSON)

TOOLS

BANNETON BASKETS
FLOUR DUSTER
BENCH SCRAPER
WECK JARS
GLASS MIXING BOWLS

ONLINE RESOURCES

LITTLE SPOON FARM
THE PERFECT LOAF
REDDIT.COM/R/SOURDOUGH