

## **How to Make Sourdough Starter from Scratch**

### **Day One:**

In glass jar combine 1/2 cup of flour (any type of flour will work) with 1/4 cup warm water, and 1/2 teaspoon of granulated sugar. Mix until smooth. Cover with cloth to allow breathing, and leave for 24 hours.

### **Day Two:**

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 on the top of your starter? Don't panic! That's just hooch (a form of alcohol). This is a sign that the fermentation is going well. Mix it in with a wooden or plastic utensil, then replace the cover.

### **Day Three:**

Hopefully by now you have bubbles forming. Today you will feed your starter for the first time. Begin by dumping out half of your starter (we only do this during the "starting" phase). Now add in 1/2 cup of flour and 1/4 cup warm water, and 1/2 teaspoon of granulated sugar. Mix until smooth. This should now be thick mixture. If it is so thick that you can't stir, add in a little more water.

Leave for 24 hours

Repeat this process (day three) on days 4, 5, and 6. You should see more and more bubbles forming every day. By day seven, sourdough should be double in size. It will be fluffy and smell "sourdough-y".

Your starter is now ready to use!

### **How to keep sourdough starter:**

Feed starter daily. Never use the last bit of starter, or you will have to start the process from the beginning. Sourdough starter can be kept indefinitely and only gets better with time.

If aren't going to use your starter on a regular basis, you can refrigerate it for a week at a time without feeding or stirring. Once a week, remove and add flour and warm water, and stir.

If you need to leave your starter longer (such as going on vacation) you can spread a layer of sourdough starter onto a piece of wax paper on a cookie sheet. Let dry, covered, for a day or two. When totally dry, crumble and put in airtight jar. This will last indefinitely. To regenerate, just add water, a bit of flour, and a teaspoon of sugar, and you will soon have sourdough starter again.