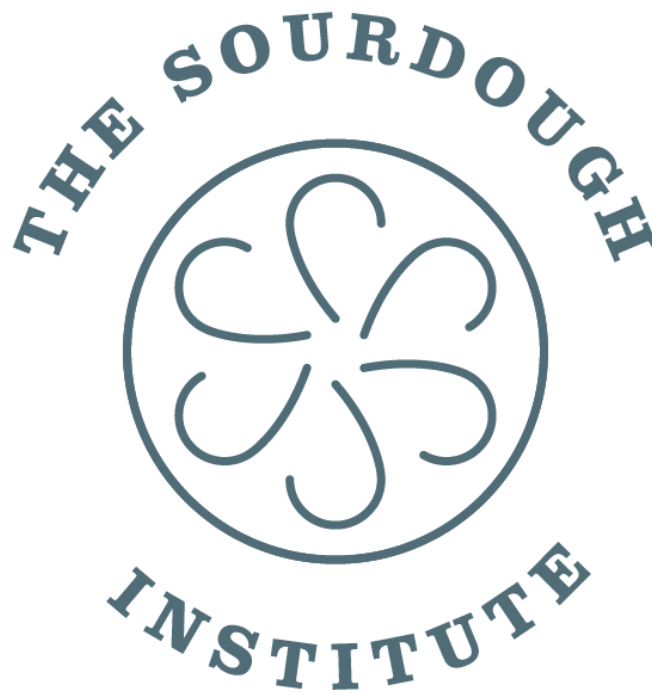


# THE Sourdough Institute

*Module one*

*Summary & Checklist*



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## *Module 01 - Summary*

### **Tools & Ingredients needed for steps taught in this module**

- *Scale*
- *Jar or Container*
- *Spatula*
- *Unbleached Bread flour*
- *Whole Wheat Flour*
- *Water*

### **What you will learn in this module**

- **How to create a starter**
- **How to feed your starter**
- **How and when to discard from the starter**

## *Module 01 - Step-by-Step*

### **Create your starter - Step-by-Step**

- 32 grams bread flour
- 8 grams whole wheat flour
- 40 grams room temperature water

1. Mix all of the above in your container and let it sit out at room temperature for 12 hours. You will not notice any difference in your 'starter' just yet.
2. After 12 hours, discard most of the above, leaving behind just 2-3 tablespoons.
3. After discarding, immediately feed the 2-3 tbsp that you kept (which is now your 'starter') using the same ratio as above (32gr bread flour, 8gr ww flour, 40gr water), and again leave it out at room temperature for 12 hours.
4. Continue 'discarding' and 'feeding' every 12 hours for the next 8 days.
5. When we return next week you will learn how to identify if your starter is ready, and what to do next. Meanwhile (even if you are absolutely certain that the starter is ready) just continue discarding and feeding twice daily.

**NOTE:** You will typically start noticing a difference in your starter after 2-4 days. Please refer to the 'Identification' page in your resources library, for images illustrating the cycle of the starter.

**Use the chart below to help you keep track of your feedings.**

## Module 01 - Checklist

Started on: \_\_\_\_/\_\_\_\_/\_\_\_\_

Choose a Time: \_\_\_\_\_

Ideally, you should do all your feedings at approximately the same time each day.

AM and PM - 12 hours apart.

This will help to keep it in routine and not skip a feeding.

	AM	PM	Notes
Day 1	Create Starter	Discard & Feed	
Day 2	Discard & Feed	Discard & Feed	
Day 3	Discard & Feed	Discard & Feed	You should start noticing some little bubbles in your starter.
Day 4	Discard & Feed	Discard & Feed	
Day 5	Discard & Feed	Discard & Feed	
Day 6	Discard & Feed	Discard & Feed	By now, after 12 hours of feeding your starter should significantly grow in size.
Day 7	Discard & Feed	Discard & Feed	
Day 8	Discard & Feed		By now, after 12 hours of feeding your starter should double in size. If so: perform a float test. If not, or if float test fails, continue feeding. More on this in module 2.
Day 9			
Day 10			
Day 11			
Day 12			