

Spice & Zest

RELISH *the* HEALTHY LIFE

The Sourdough *Culture*

MASTER YOUR
SOURDOUGH STARTER

 INSTAGRAM

@SPICEANDZEST

 WHATSAPP STATUS

732-800-6295

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SPICEANDZEST.COM

MASTER YOUR SOURDOUGH STARTER

Tools & Ingredients needed to create a starter

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

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 1-2 tablespoons.
 3. After discarding, immediately feed the 1-2 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 7-14 days.
 5. When the starter appears to be active and bubbly within 6-8 hours of feeding, perform a float test. A floating starter is an indication that it is ready to use.

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

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New Starter - Feeding Checklist

"Started on: ____/____/____

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

Choose a Time: _____

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 and Feed	
Day 2		Discard and Feed		Discard and Feed	
Day 3		Discard and Feed		Discard and Feed	You should start noticing some little bubbles in your starter.
Day 4		Discard and Feed		Discard and Feed	
Day 5		Discard and Feed		Discard and Feed	
Day 6		Discard and Feed		Discard and Feed	
Day 7		Discard and Feed		Discard and Feed	
Day 8		Discard and Feed		Discard and Feed	By now, after 12 hours of feeding your starter should grow in size.
Day 9		Discard and Feed		Discard and Feed	
Day 10		Discard and Feed		Discard and Feed	By now, if your starter grows double in size: perform a float test. if float test fails, continue feeding.
Day 11		Discard and Feed		Discard and Feed	
Day 12		Discard and Feed		Discard and Feed	
Day 13		Discard and Feed		Discard and Feed	

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