

SOURDOUGH BAKING: *Made Easy* Feeding, Care & Use of Sourdough Starter

Caring for a sourdough starter is not rocket science, by any means. With just a little "know how" and some TLC, your starter can stay healthy and happy.

What Does A Sourdough Starter Eat?

Sourdough starter lives on two things: flour and water. Thankfully, these two ingredients are inexpensive and easy to come by, since starters do like to eat.

Types of Flour for Feeding: You can feed your sourdough starter any flour that contains gluten, i.e. Whole Wheat, Rye, Spelt, All-Purpose, etc.

What flour you feed your starter has a big effect on how your baked goods will taste.



TIP: It is preferred to feed your sourdough starter Unbleached All-purpose Flour (organic if possible), as it gives a neutral taste to all your baked goods.

Water for Feeding: The water used in feeding your sourdough starter should ALWAYS be filtered, containing NO Chlorine, as it will "kill" your starter. Any basic water filtration system should be sufficient to remove the chlorine.

How to Feed Your Sourdough Starter

For dependability, it is best to feed sourdough starter based on weight, NOT volume. Feeding by weight will ensure the starter is getting the amount of food it needs to keep it alive and thriving, while also keeping the consistency (thickness) of the starter the same. This allows your starter to always perform as expected in baking.

Note: Every time your sourdough starter is fed it is doubled. This is done by feeding the starter half its weight in water, and half its weight in flour.

HOW-TO:

Feeding Sourdough Starter A Step-by-Step Example



You will need:

- 1 hungry sourdough starter
- preferred flour (must contain gluten)
- filtered water, at room temp or cool (never boiling)

Other tools needed:

- kitchen scale
- glass or ceramic bowl (NO metal)
- spoon, fork, dough whisk etc.

Important! If you're taking your starter out of the fridge, let it come to room temperature before feeding, about 3 to 4 hours minimum.

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Instructions:

*Sourdough starter is fed based on weight. Half its weight in water and half its weight in flour. **For this example we will be feeding 4-ounces of starter.***

Following the half-and-half rule you can feed any amount of starter that you have.

1. Place a non-metal bowl on the kitchen scale. Turn the scale on and make sure to tare (zero-out) the container. Add the starter to the bowl, weighing out the amount you wish to feed. **For this example our starter weighs 4-ounces.**
2. Since our starter weighs 4-ounces, we will add 2-ounces of filtered water, by weight, to the starter. Stir the water and starter together until smooth. The mixture will be quite watery.
3. Add in 2-ounces of flour, by weight, to the starter; stirring vigorously until most of the lumps are gone (if a few small lumps remain that is okay).
4. What you do next with the freshly fed sourdough starter depends on your plans. You can choose to store the starter, or you can keep the starter out for continued feeding if you plan on using it in the short term.

To Store the Sourdough Starter: Immediately after feeding, transfer the starter to a clean jar large enough to hold it. (A 1-quart glass jar can safely hold about 8-ounces of starter, this gives enough room for expansion.) Loosely cap the jar and place in the fridge. Feed 1x a week or on occasion every 2 to 3 weeks.

