

HOW TO ACTIVATE YOUR SOURDOUGH STARTER



Activating your new sourdough starter is easy! In just a few days you will be able to make your own sourdough bread with no yeast required! Follow this day by day schedule. Don't worry - sourdough starter is very forgiving, so if you don't get everything exactly perfect, your sourdough starter should be just fine.

Type this link into your web browser to watch a video as I go through the steps to activate the starter:

<https://youtu.be/3b0U47ixfvg>

Notes: Measure everything by weight using a kitchen scale, if possible, for accuracy.

Use non-chlorinated water. Keep extra dehydrated starter in fridge or freezer for up to a year.

Day 1:

Add 5 grams (about 1 teaspoon) dehydrated sourdough starter to a small bowl or jar. Add 15 grams (about 1 tablespoon) of room temperature non-chlorinated water. Stir together. Then add 15 grams (about 1.5 tablespoons) unbleached all purpose flour. Mix well. It should be the consistency of thick pancake batter or thicker. Cover with plastic wrap or a cloth or towel. Keep at room temperature for 24 hours.

Day 2:

Whether there are signs of activation (bubbling) or not, give your starter 15 grams of room temperature non-chlorinated water and 15 grams of unbleached all purpose flour. Mix well. It should be the consistency of thick pancake batter or thicker. Cover with plastic wrap or a cloth or towel. Keep at room temperature for 24 hours.

Day 3:

There will most likely be some small bubbles forming, but if not, that's okay. Give your starter another feeding. This time, use 50 grams (3 T + 1 tsp) of room temperature non chlorinated water and 50 grams (1/4 c + 1 T) of unbleached all purpose flour. Mix well. It should be the consistency of thick pancake batter. Mark the level of starter with masking tape. Feed starter again with the same ratio of flour and water after it has doubled (about 6-12 hours).

Day 4:

The starter will need a feeding every time it doubles (anywhere from 3 to 12 hours depending on the temperature of the room and the strength of the starter. To feed the starter, add 50 grams of room temperature non chlorinated water and 50 grams of unbleached all purpose flour. Mix well, cover and let it sit at room temperature between feedings.

Day 5 and on:

You can throw away all but 50 grams of starter (or do a search for "sourdough discard recipes" online if you want to find ways to use up any extra discard you have). Add 50 grams of room temperature non chlorinated water and 50 grams of unbleached all purpose flour. Mix well, cover and let sit at room temperature.

If you need more sourdough starter for a recipe, increase the ratio of starter, flour and water until you have the required amount.

If you aren't planning on baking with the starter very often, you can store it in the refrigerator. Take it out once a week to feed it a one to one ratio of flour to water. Let it sit for an hour before returning it to the refrigerator.

Resources:

How to Make Sourdough Bread: <https://www.thekitchn.com/how-to-make-sourdough-bread-224367>

Learn More about Sourdough: <https://www.culturesforhealth.com/learn/category/sourdough/>

CHECKLIST

WHAT YOU NEED:

- Glass bowl or jar
- Dehydrated sourdough starter
- Non-chlorinated water
- Unbleached all-purpose flour
- Kitchen scale
- Plastic wrap or cloth

DAY 1:

- 5 grams dehydrated sourdough starter (about 1 tsp)
- 15 grams non-chlorinated water (about 1 T)
- 15 grams flour (about 1.5 T)
- Mix and cover

DAY 2:

- 15 grams non-chlorinated water (about 1 T)
- 15 grams flour (about 1.5 T)
- Mix and cover

DAY 3:

- 50 grams non-chlorinated water (about 3 T + 1 tsp)
- 50 grams flour (about 1/4 c + 1 T)
- Mix and cover
- Mark level with masking tape
- Feed again once starter has doubled

DAY 4:

- 50 grams non-chlorinated water (about 3 T + 1 tsp)
- 50 grams flour (about 1/4 c + 1 T)
- Mix and cover
- Feed again once starter has doubled

DAY 5 AND BEYOND:

- Discard all but 50 grams starter
- 50 grams non-chlorinated water (about 3 T + 1 tsp)
- 50 grams flour (about 1/4 c + 1 T)
- Mix and cover

If you have any issues or questions, feel free to email me at katherine@dogwoodpondfarms.com.