Sourdough Starter

Reconstitute dried starter in 1.2 oz of flour and 2 oz of water. Leave at room temperature for 8 to 12 hours. Feed your starter 2.5 oz flour and 4 oz of water. Leave at room temperature for 8 to 12 hours. Discard all but 1 oz, and repeat for 2 to 4 days. Look for bubbles and expansion as signs of a vigorous yeast and bacteria culture. Then it is ready to use!

Maintenance: Once you’ve used your starter, feed it 1.2 oz flour and 2 oz water. If you intend to use it in the next day or two, feed as above leaving at room temperature. Double each feeding amount (ie, 1.2/2, 2.5/4, 5/8) every 8 to 12 hours to create the amount of starter you’ll need for your recipe. When you want to store for a longer period, feed 1.2 oz flour and 2 oz water, then refrigerate till ready to use again. Bring the starter to room temperature, and feed for a day or two prior to use. You’ll begin to recognize signs of a vigorous culture.

Starter Discard: You’ll find many recipes for discarded starter online. You can put starter discard in your compost pile. And it adds good microbes to your garbage disposal and septic systems.