

Buckwheat Sourdough Starter

Before you begin:

Your sourdough starter has been shipped in a dehydrated state making it shelf stable and can be used anytime in the next few months. Store in a cool dry place.

Use buckwheat flour to activate starter.

Use filtered non-chlorinated water when feeding your sourdough starter.

Activating the dehydrated starter:

Day 1: Mix dried starter with 1 tbsp warm water, leave to rehydrate for two hours. Then mix 1 tsp buckwheat flour and 1 tsp filtered water, stir vigorously.

Day 2: Mix in 1 tbsp flour and 1 tbsp water. If needed add more water to keep it soupy consistency.

Day 3: Mix in 2 tbsp flour and 2 tbsp water. If needed add more water to keep it soupy consistency.

Day 4: Mix in 4 tbsp flour and 4 tbsp water. If needed add more water to keep it soupy consistency.

Day 5: If you have not noticed bubbles forming continue to feed by doubling amount of flour and water until you see bubbles. Once there are bubbles you are ready to use your starter! Follow directions below.

Using your sourdough starter:

*Note: Buckwheat flour sourdough starter must be fed significantly more often than gluten-based starters. If refrigerated feed at least twice a week, if on counter feed every 8-12 hours.

Remove your starter from the fridge. If there is a brown or clear liquid on top just stir it back in.

Feed starter equal parts flour and water combined to equal amount of starter. (ex. 50 grams starter, 25 grams flour, and 25 grams water.) Mix vigorously to incorporate air.

Cover loosely and allow the starter to proof at room temperature for 2-3 hours. Store in the starter in the fridge at the conclusion of the proofing process or use in recipe and feed again.

Always save yourself some starter.

Feel free to contact us with any questions: culturemother@sasktel.net