

Congratulations on your Sourdough Starter!

This starter will last you forever if you can continue to care for it and use it. The more you use it the better it will be. It will develop its own distinct flavours and aromas that will be particular to you. There is a lot of conflicting information on sourdough starters. Some professional bakers like it thin while some like it very thick. I will provide you with the basic information and in time you will develop what works for you.

Activating your dehydrated starter:

Day 1: Mix dried starter with 1 tbsp warm water, leave to rehydrate for two hours. Then mix 2 tsp flour and 2 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. If there are bubbles you are ready to use your starter! Follow directions below.

Feeding your sourdough:

This is just a guideline. There are many different ways to maintain a sourdough starter. Some people feed it a couple times a day while others feed it only once every couple days.

-Each feeding should double your starter with 2 parts water to 3 parts flour which works out to equal parts water/flour in weight. To do this many people discard part of their starter otherwise it just makes too much. This may be difficult to you, as it is me. You can use the discarded starter to make pancakes or muffins instead! Or share it with a friend or freeze it for later use.

-Optional: If you do not want to feed it daily, you can put your starter in the fridge and it will go somewhat dormant. Feed it once a week by doubling it with flour and water. After you feed it, leave it out for 3 - 5 hours and put it back in fridge for another week. You will know that your starter is healthy because it will begin bubbling within these 3-5 hrs after being taken out of fridge and fed.

-You can freeze your starter for up to a year, it will take a few days of being on the counter and feeding it for it to wake up.

-You should be feeding your starter about the same amount of flour and water as you have starter or a bit less. For example, if you have one cup of starter, feed it 1 cup flour and water combined. Your feeding should double your starter.

-Feed your starter white or whole wheat flours.

-Your starter will develop a clear, dark liquid on top called "Hooch". Some people recommend mixing it in while others pour it off. I just mix it in.

Using Your Starter to make bread:

-If starter is in the fridge take it out and feed it the day before you want to use it.

-It is best to use your starter 2-5 hours after feeding. You can test its readiness by dropping a small spoonful of the starter in a glass of water. If it floats it is ready, if it sinks it needs more time.

-When making bread there are two stages of fermentation. The first rise, aka bulk fermentation, and the second shorter rise before going in the oven. Fermentation times can vary depending on temperature of the house, how active the starter is, type of flours and many other factors. Bulk fermentation can be anywhere from 3-15 hours.

-Bulk fermentation, the initial rise, can be done in the fridge for a longer period like overnight. In the winter I bulk ferment overnight on the counter due to cooler temperatures.

Basic Bread Recipe:

- 17.65 oz flour (about 3 cups flour)
- 8.80 oz water (about 1 cup water)
- 5.35 oz sourdough starter (about 2/3 cup starter)
- 0.90 oz olive oil (about 2 tbsp olive oil)
- 0.35 oz salt (about 1 tsp salt)

Before bed (the night before baking) mix all ingredients together and knead into a ball of dough. Use more flour if needed to create a soft ball of dough that slightly holds its shape. Let this bulk ferment overnight.

In the morning knead the dough for a few minutes adding more flour if needed to create a ball of dough that holds its shape. Place dough in greased baking dish or on pan to rise.

Let rise for 30 minutes before heating the oven.

Heat oven to 450 degrees. Once oven is up to temperature make a slash or X with a sharp knife in the top of the dough to allow the bread to "bloom" during baking. Bake for 20 minutes in a covered dutch oven or on a pan with a side dish of water to create humidity.

Reduce heat to 400 degrees, remove lid or water dish and bake an additional 40 minutes until nicely browned. Let it cool before cutting. Store the finished bread cut side down on the cutting board, no need to bag it.

Pancakes & Waffles

3 cups fed sourdough starter

2 large eggs

1/4 cup of melted butter

3/4 tsp salt

2 tbsp honey or 5-10 drops stevia

1 tsp baking soda

kefir or milk to thin to desired consistency

*Optional - 1/4 cup cocoa or 1/2 cup chocolate chips

Cook on a heated griddle flipping once bubbles form on the pancakes or when waffles are golden brown.

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