

# Sourdough

## STARTER

### Birth of a Sourdough Starter

Creating a sourdough starter is an exciting and fulfilling experience. Simply mix equal parts (1/3 cup) flour and (1/3 cup) water in a jar or container to achieve a batter-like consistency. Allow it to rest in a warm spot, letting the wild yeasts and beneficial bacteria work their magic.

### BEST ADVICE

Use Filtered or Chlorine-Free Water: Chlorine in tap water can hinder the growth of beneficial bacteria in your starter. To avoid this, use filtered or chlorine-free water when mixing or feeding your sourdough starter. This simple adjustment will help create the optimal environment for your starter to flourish.



### Feeding Frenzy

To ensure your sourdough starter thrives, regular feeding is essential. Every couple of days, discard around half of the starter and replace it with equal amounts of fresh flour and water. This process supports the growth and balance of the microorganisms at play.

## Art of Maintenance

Keeping your sourdough starter healthy and robust is vital. Establish a feeding schedule that suits your lifestyle, whether it's every 24 hours or twice a day, and stick to it. Remember, your starter is a living organism that requires care and consistency.



## COOL CONVENIENCE

If you don't plan to use your sourdough starter frequently or need a break from baking, placing it in the refrigerator is an excellent solution. Before refrigerating, feed your starter well, allowing it to reach its peak rise. Then, transfer it to a clean jar with a loose lid to continue the slow fermentation process. This will drastically reduce its activity and allow you to store it for weeks or even months, requiring maintenance every 1-2 weeks with smaller feedings.

## Reviving from the Slumber

When ready to bake again, remove your dormant sourdough starter from the refrigerator. Discard a portion to reduce the volume, and then reawaken it by feeding it with equal parts flour and water. Allow it to sit at room temperature until it becomes lively and active again. Once it regains its vigor, you're back to creating delicious sourdough bread.