

Making Sourdough Starter

Our City Homestead

Day 1 - In a glass jar, add 4oz flour of choice and 4oz water. Mix well. Scrape sides down and lightly cover with cheesecloth, a napkin or a crocheted cloth. Place it in a warm area where the temperature stays somewhat the same and feed it once a day, at the same time each day. I left mine on the kitchen counter.

Day 2 - You may have "water" (actually it is alcohol and part of the fermentation process) pooling on top which is perfectly fine, and you may see a few bubbles which is good. This means the wild yeast has started. The wild yeast eats the sugars that are naturally present in grains and release carbon dioxide (the bubbles) and alcohol which will inhibit bad bacteria. It may smell fresh and mildly sweet and yeasty. If there are no bubbles, that is ok! Just keep going! Add 4oz flour and 4oz water. Stir well and scrape sides down. Leave it in the same spot.

Day 3 - There should be bubbles and smell a bit more sour. Starter should be dotted with bubbles. Add 4oz flour and 4 oz water. Stir well and scrape sides down.

Day 4 - Should be doubled in size. When stirring, it should feel looser than yesterday and full of bubbles. It should smell sour and pungent. Add 4 oz flour and 4oz water. Stir well and scrape sides down.

Day 5 - Should be frothy, bubbly and should be bubbles throughout the starter. It should be quite pungent and sour. Add 4oz flour and 4oz water. Stir well and scrape sides.

Day 6 and Beyond - The starter is now ripe. We no longer need to bulk the sourdough up. Each day discard half, if not baking with it. I keep the "discard" in another jar and use it for another starter. Add 4oz flour and 4oz water. Stir until combined, cover and set aside. If you do not need as much starter, only add 2oz flour and 2oz water.