



Sourdough Starter Tips

How to take care of your sourdough starter

Congratulations! You've just received a jar of The Bake Shop's Sourdough Starter. Your sourdough starter may look a little the worse for wear after its trip to your home. It may also have a sharp, astringent odor; this is normal. What it needs is food (We recommend King Arthur Unbleached All-Purpose Flour) and water.

Also, it's **important** that you:

Feed your starter within 24 hours of receiving it.

Don't consume the raw sourdough starter.

Let's get started.



Here's your container of starter.



1) Add 1/4 cup lukewarm water to the starter in the container. Stir to dislodge the starter, and shake/stir to combine. Pour into a large glass or ceramic bowl.



2) Add 1 1/4 cups lukewarm water and 2 cups Unbleached All-Purpose Flour (hereafter known simply as "flour"). Mix till well combined. Should have the



consistence of pancake batter (adjust by adding water or flour)

3) Cover the bowl with plastic wrap, and let sit at room temperature (about 70°F) for 12 hours.



4) After 12 hours, the starter will be bubbly.



5) Stir the starter, and discard about half. Mix in 1/2 cup lukewarm water and 1 cup flour, again to pancake batter consistence.



6) The starter will be fairly thick, like pancake batter.



7) Cover the bowl, and let sit at room temperature for another 12 hours, till bubbly.

Note: Steps 8-10 are a **repeat** of steps 5-7. Taking the time to "go the extra steps" will make your starter stronger and more vigorous.



8) Stir the starter, and divide it in half; discard half, or give to a friend.



9) Feed the remaining half with 1/2 cup lukewarm water and 1 cup flour.



10) Again, the batter will be thick. Lumps are OK; don't bother to stir them out.



11) Cover the starter, and let it rest at room temperature for another 12 hours.



12) The starter will be bubbly, though not as bubbly as it might have been after its earlier rises.



13) Stir the starter down. Place it in a stoneware or glass container, loosely covered with a lid, or a screw-on top, not fully screwed on. Refrigerate it until you're ready to use it in a recipe.

How to make "fed" sourdough starter or "Double" your sourdough

Most sourdough recipes will call for 1 cup or so of "fed" sourdough starter. Here's how to turn your refrigerated starter into "fed" starter.



1) Up to 24 hours before beginning a recipe, stir the starter and discard 1 cup. Or give 1 cup to a friend, or use 1 cup to make waffles. However you do it, you want to get rid of 1 cup of starter.



2) Feed the remaining starter with 1/2 cup lukewarm water and 1 cup flour.



3) Let it sit at room temperature, covered, for 12 hours, till bubbly. Repeat the feeding one more time. It's now "fed" and ready to use in a recipe.

4) Once you've removed however much starter your recipe calls for (usually 1 cup), feed the remainder with 1/2 cup lukewarm water and 1 cup flour. Let this remaining starter sit, covered, at room temperature for 2 to 4 hours, until bubbly.

5) Stir down, return to its container, and refrigerate. For less sour flavor you can double every 6-8 hours for a more active and mild starter.

How to keep sourdough in the refrigerator

If you're not planning on using your sourdough starter for over a week, take it out and feed it once a week, if you remember. But starter that hasn't been fed for a month or more will still probably be just fine, if you follow these steps:



1) Your sourdough may have a substantial layer of green/gray/brown liquid on top. That's OK; it's simply alcohol from the fermenting yeast. However, if the liquid on top is pinkish; or if the sourdough smells "off" or bad (not simply tangy, or like alcohol), then your starter has attracted the wrong bacteria, and should be discarded.



2) Stir the liquid on top into the starter below.



3) Keep stirring till it's smooth, then discard 1 cup (8 1/2 ounces).



4) Add 1 cup Unbleached All-Purpose Flour and 1/2 cup lukewarm water.



5) Stir till smooth, then cover and refrigerate it; no need to wait for it to become bubbly.

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