

# Getting Started

Congratulations! You are now the proud owner of your very own Dear Grain sourdough starter. Its name is Donatello, aka "The Giver". As you refresh it, feel free to rename it to whatever feels right. Love it. Obsess over it. We know you will.

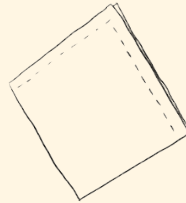
First, you must strengthen your starter before baking with it. Depending on the amount of time that has passed since it was shipped, this may take a handful of feedings. Be patient and diligent, all good things take time.

Sourdough baking is as much an art as a science. Our method for maintaining our starter may differ from the cookbooks you've researched or that video you watched online, and that's totally ok! If you have a method you would like to follow, stick with it or try this one alongside and compare. Enjoy the process.

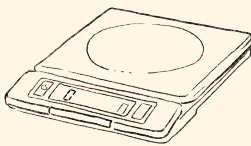
## Equipment and Ingredients



2 tall, clear and clean jars  
[remember: your starter will double in size or more]



Paper towel, cloth or  
loose fitting lid



Kitchen scale



Filtered water

[note: additives in most tap water will  
kill the active yeast in the starter]



Flour

[we use organic strong bakers flour]

DEAR GRAIN

## Refreshing your new starter

- 1 Place your clean jar on the kitchen scale.
- 2 Measure 50g of water (ideally filtered) in the jar (room temperature water is best, around 22 degrees).
- 3 Measure 10g of starter into the jar, dissolve it into the water (Mix well until there are no chunks).
- 4 Measure 50g of flour into the jar.
- 5 Mix until there is no dry flour visible.
- 6 Cover with a paper towel, cloth or loose lid (make sure that air is able to circulate but no debris will fall inside the jar).
- 7 Mark the level of the starter with a marker or piece of tape.
- 8 Leave at room temperature for 12 hours or until doubled in size, whichever comes first.
- 9 Place the second jar on the kitchen scale and repeat steps 1 - 8 until your starter reaches its peak height at the 12 hour mark.
- 10 You may need to adjust the amount of starter used for refreshes depending on your room temperature. You want to have your starter reach its peak at the 12 hour mark. More starter means a faster rise and vice versa.

## My starter is alive and predictable...what now?

You have an active starter ready for baking! If baking frequently (multiple times per week), continue feeding twice daily. If baking infrequently, you may choose to keep your starter in the fridge and reduce feedings to once a week. Cooling the temperature will slow down the fermentation process. Make sure that you take the starter out of the fridge and allow for 2 refreshes before needing to bake. This will assure that the yeast will be active and ready to go!

Don't be discouraged about your Sourdough Discard, it's a necessary part of the process and there are lots of great discard recipes. We like making pancakes and crackers with ours. Feel free to share your recipes with us using the hashtag #SOURDOUGHEVERYTHING. We look forward to seeing your bakes!

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