



HOW-TO GUIDE:



SOURDOUGH STARTER

With a few simple steps, you can feed and maintain a healthy starter and bake wholesome and delicious breads at home.

WHAT IS A SOURDOUGH STARTER?

A culture of wild yeasts and beneficial bacteria that a baker uses to leaven bread.

BE A BREAD WINNER!

Share your bread making journey by tagging: @easytigeratx
Join our Facebook group for recipes and more: Easy Tiger Bread Winners

STEP ONE: BUY (OR MAKE) A SOURDOUGH STARTER

Give yourself a flour-dusted pat on the back - thank you for supporting your local bakery!

STEP TWO: FEED STARTER

Add: 100 grams (7/8 cup) all purpose flour* and 60 grams (1/4 cup) water to starter. Knead until incorporated and a shaggy dough forms.
**Preferably unbleached flour. Bread flour will work too.*

Also called a 'Maintenance Feed'; this regular addition of fresh flour and water keeps the starter healthy and active.
For accurate ratios, it is best to weigh ingredients.

LEVAIN DUR

Easy Tiger's starter is what is known as a *levain dur* in French, or solid starter, meaning it is more dough-like rather than a batter-like mixture.

You can increase the water ratio in the feeding to accommodate a recipe that requires a liquid starter. Most "liquid" starters are somewhere between 100% and 120% water to flour (i.e. for 100g flour, 100 - 120g of water).

DO YOU WANT TO BAKE NOW?

Allow starter to sit at room temperature for 8-12 hours.

BULK FEED

Feed starter again, this time using a larger volume of flour and water and storing in a larger container. This step is also called the 'Bulk Feed', preparing the starter to be used in a bread recipe, plus more to have leftover.

200 grams (1-3/4 cup) all purpose flour
120 grams (1/2 cup) water

Allow starter to sit at room temperature for 3 hours.
The longer your starter sits, the more 'sour' it becomes.

MAKE BREAD

Remember to save a portion of the starter to feed and perpetuate for future baking!

DO YOU WANT TO BAKE LATER?

After the first feed, store your starter in the fridge.

MAINTENANCE FEED

To keep a low-maintenance starter in the fridge, you must maintain it once a week to keep it active. Discard all but 100 grams (1/4 cup) starter and feed using the instructions in Step 2. If you are keeping your starter on the counter, it requires a daily feed.

PREPARE TO BAKE

The day before you plan to bake... Discard all but 100 grams (1/4 cup) starter and feed using instructions in Step 2. Leave at room temperature for 8-12 hours.

Move Forward to 'BULK FEED'