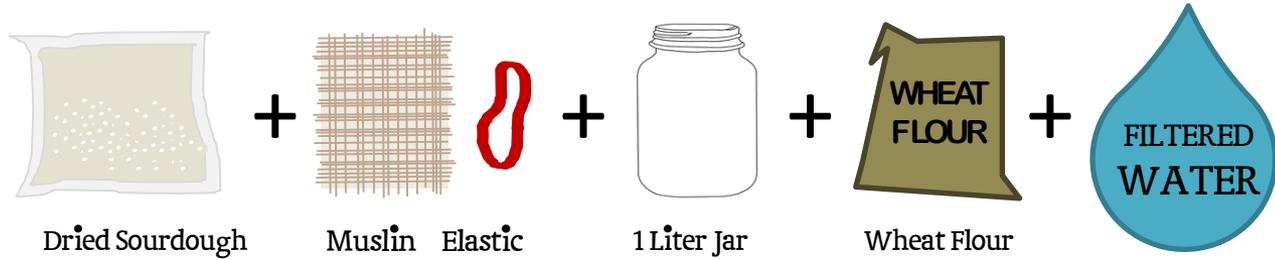


DIY ITALIAN SOURDOUGH STARTER

WHAT YOU WILL NEED



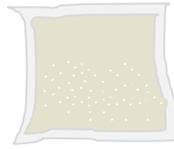
Sourdough require a Rehydration Period of 12 hours. Follow rehydration directions for best results.



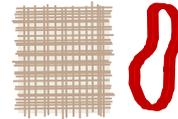
1. Clean and sanitize **Jar** and work area with hot soapy water, Air Dry



2. Add 1 TBS of Filtered water to Jar



3. Add sourdough culture to jar and let stand 2 hours



4. Cover jar with Muslin and elastic after each feeding



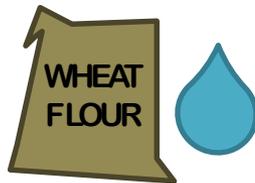
5. Add 1 TBS filtered water and 1 TBS Flour. Stir vigorously, let stand 24 hours



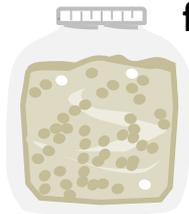
6. Add 2 TBS of filtered water and 2 TBS flour, stir vigorously let stand 24 hours



7. Add 4 TBS of filtered water and 4 TBS flour, stir vigorously let stand 24 hours



8. Add ½ Cup of filtered water and ½ Cup flour, stir vigorously let stand 24 hours



9. Day 5, Look for bubbles. If none continue feeding every 24 hours and double flour and water volume each time

10. If Bubbly, sourdough is now ready for use in any recipe. Continue every 24 hours or refrigerate and feed once per week.

11. Continue feeding by discarding or using half of the sourdough daily and replacing removed volume with fresh flour and water, stir vigorously

Sourdough requires rehydration of 2 hours, follow directions for best results. Italian Sourdough must be fed every 24 hours to remain active.

Sourdough is ready to use in 5 days. Italian Sourdough requires feeding every 24 hours to remain active. Feed every 24 hours or place in refrigerator and feed once per week, by allowing sourdough to rest for 1 hour before and 5 hrs after feeding, place back in refrigeration.

- Sourdough is a Mesophilic culture that ferments at room temperature on your counter. Culture remains active by being fed fresh flour and water every 24 hours. Water will separate from the flour creating an anaerobic environment
- Feed sourdough every 24 hours until it is active and bubbly daily
- Once sourdough is active, you must remove or use half of the volume of the sourdough and replace that volume with fresh water and flour every 24 hours. Example, if you remove 1 cup of sourdough replace with 1 cup water, 1 cup flour, stir vigorously to incorporate air
- **To limit sourdough volume, place the entire jar in the refrigerator. Feed once per week allowing to rest 1 hour before and 5 hrs after feeding before returning to refrigerator**
- Use your sourdough in traditional bread baking, pancakes, and dough preparation
- The natural occurring probiotics during fermentation will be killed in the heat used to cook or bake. Sourdough is still a source of beneficial enzymes, and vitamins
- Try mixing brown and white wheat flour

How do I know when the sourdough is ready?

- It will have tiny air bubbles throughout, and floating bubbles on the top of the sourdough, taste slightly sour and smell reminiscent of alcohol

My sourdough is not active

- Continue feeding sourdough every 24 hours, doubling the volume of water and flour added each feeding. If after 5 days no bubbles are visible the environment is too cold, place in a warm area out of sunlight

How long can I leave my sourdough?

- Italian sourdough can be fed every 24 hours, to slow it down place in the refrigerator with fresh flour and water and it can be left for 1 week, or you can freeze your sourdough for up to 1 year

What flour should I use?

- Do not combine grains, stick with only wheat and try different wheat flours for variety

My sourdough is bubbling out of the jar?

- It's time for a larger jar, or remove more than half of the sourdough (use or discard or freeze) and replace with the existing volume of sourdough with the same volume of fresh flour and water. Place in the refrigerator to slow down fermentation