

# Sourdough Starter

Kickstart your sourdough journey with a simple concoction of flour and water!

**Yield:** 200g sourdough starter

**Prep Time:** 7-10 days

## Ingredients:

### To Start:

- 100g water
- 100g Caputo "00" Chef's Flour

### To Maintain:

- 100g water
- 100g Caputo "00" Chef's Flour



## Instructions:

*To make a starter that is ready to use, you need between 7-10 days.*

1. Day 1: In a glass jar, mix 100g water and 100g Caputo "00" Chef's Flour until well-combined. Seal with a lid or cover with a cloth, and keep it in a warm spot.
2. Day 2: Take 100g of your sourdough mix from day 1 and mix it with 100g Caputo "00" Chef's Flour and 100g water. Mix well, cover it, and put it back in a warm spot. Discard the remainder of your sourdough mix.
3. For days 3 and 4, continue following the Day 2 Process, feeding your starter every 24 hours. Every day you will see some new bubbles in the mixture, meaning there is yeast activity.
4. When you reach day 5, begin feeding your starter twice a day, every 12 hours.
5. Once it is doubled in size, this means the yeast should have enough power to make dough rise.
6. When you are not using the sourdough starter, close the jar with a lid and keep it in the refrigerator.
7. You will need to refresh the starter once a week by repeating the same process as step 2.

## Tips & Tricks:

- The house temperature can play a huge part in the starter rising, especially if you have air conditioning running. The best temperature for the starter to really shine is 68-72F. You can always put it in the oven with the light on, just don't forget it in there!
- Depending where you live and the filtration systems or city water, your tap water may not suffice. We recommend to use bottled water (as long as it is not alkaline).

- Your starter should be a thick pancake consistency when feeding. A 1:1:1 ratio (equal parts starter, flour, and water) is a great start, but some environments may change this. You may find that you do not need to use as much water to achieve the ideal consistency.
- Bubbles and smell are good signs!
- After the first feeding, use a rubber band around the jar to mark where the starter begins so you can keep track of how much it rises.