



San Francisco Sourdough STARTER CULTURE INSTRUCTIONS



You can make delicious sourdough bread!

Total time: 3-7 days ★ **Active time:** 5 minutes every 12-24 hours

**YOU
CAN DO
THIS**

Making and maintaining a sourdough starter at home is easy and rewarding. Although it needs to be fed regularly, sourdough is one of the more forgiving cultures. It's the perfect starter for your culturing adventure.

Activating the Starter

1 Add packet of starter to 1 tablespoon flour and 1 tablespoon water in a quart-size glass jar and **stir** thoroughly. **Cover** the jar with a coffee filter or breathable material secured with rubber band and **culture** in a warm place for 12-24 hours.

2 After 12-24 hours, **feed** the starter with an additional 2 tablespoons of flour and 2 tablespoons water. **Stir** vigorously. *Your starter should have the consistency of pancake batter, and you may need to add more flour or water.*

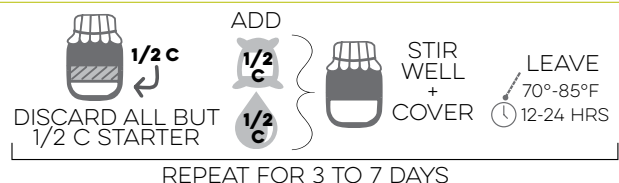
3 After 12-24 hours, **feed** the starter with an additional ¼ cup of flour and ¼ cup water. **Stir** vigorously.

4 After another 12-24 hours, **feed** the starter with an additional ½ cup of flour and ½ cup water. **Stir** vigorously.

5 Every 12-24 hours, **discard** down to ½ cup of starter and then **feed** the starter with ½ cup water and ½ cup flour. **Continue** this feeding schedule, and after 3 to 7 days, your starter will be bubbling regularly within a few hours of feeding. *Check out our web site for ways to use the discarded starter!*

What You'll Need

- 1 packet dehydrated sourdough culture (in this box)
- 💧 Water free of chlorine and fluoride (bottled spring water)
- 🍷 White flour
- 🫙 Quart-size glass jar or similar container
- 🧺 Coffee filter or breathable material
- 🌀 Rubber band
- 🔪 Non-aluminum mixing utensil (stainless steel is OK)



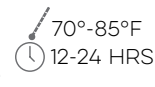
What's next? Keep your starter fed and healthy, bake with it, plus troubleshooting tips. →

Instructions for Maintaining your Sourdough Starter

On your counter (frequent bakers)

Feed your starter once every 12-24 hours using **1 part starter, 1 part water, and 2 parts flour**.

We suggest discarding down to ¼ or ½ cup starter to keep your feedings smaller and your starter manageable.



In your fridge (weekly/monthly bakers)

In colder temperatures, your starter goes into hibernation, and you don't need to feed it as often.

Feed it every 5 to 7 days just like you would keeping it on your counter.



USING YOUR STARTER

To build up enough starter to bake with, feed your starter according to the directions above—just don't discard as you go. Bake with your starter 12-24 hours after the last feeding.

Be sure to plan ahead when baking with a refrigerated starter, as it needs to come to room temperature and be fed 2-3 times according to the countertop instructions before baking.

FROM THE FRIDGE

Recipe: Basic Sourdough Bread

This basic bread recipe is great for beginners or for those who want a simple loaf of bread for everyday use. It makes one basic loaf of sandwich bread or one artisan-style loaf.

Total time: 5-25 hours ★ **Active time:** 30 minutes



INGREDIENTS

- ➔ 2 ⅓ cup sourdough starter
- ➔ 3 ⅓ cup white flour
- ➔ 1-1 ½ cup water
- ➔ 1 scant tablespoon salt

INSTRUCTIONS

- Mix** the sourdough starter, flour, and salt together. **Add** 1 cup water and then more as needed to make a moist bread dough.
- Knead** the dough until it passes the “window pane test” (about 20 minutes): *a small piece of dough will stretch between 4 fingers without breaking thin enough to allow light to pass through.*
- Shape** the dough into a loaf. **Place** it in a pan, proofing basket, or on a board. **Cover** the dough lightly with a towel and allow the dough to **rise** for 4-24 hours.
- Slice** an X shape in the top of the loaf with a very sharp knife or razor blade.
- Bake** at 400°F for 30-60 minutes, depending on the size of the loaf, until the internal temperature reaches 210°F (use a meat thermometer inserted into the bottom or side of the loaf). **Cool** before slicing.

Questions? We can help!

Q Why is there a thin layer of liquid on my starter?

A It's a sign that your starter is hungry. As long as the liquid smells pleasant, it's fine. If the liquid has a strong vinegary or alcoholic aroma, the starter should be fed more frequently. Pour the liquid off or stir it back in before feeding.

Q What can I do if my starter isn't bubbly?

A Bubbling should be visible within 4-12 hours of feeding. Feed your starter more often and check the temperature.

LET US HELP
If your starter isn't performing as expected, don't throw it away! Put a tight lid on your culture, store it in the fridge, and contact customer support at www.culturesforhealth.com

Q My starter smells weird. Is that normal?

A Sourdough is a fermented food, and fermented foods often have a sour but clean aroma and flavor. Never consume anything that smells or tastes unpleasant.

Q It's hot/cold outside. Where can I find a 70°-85°f spot to culture my starter?

A Get creative! If it's too cold, keep your starter on top of a warm appliance or in the oven with just the light on. If it's too hot, try a low cabinet or pantry.

WANT MORE?
We have dozens of recipes, how-to videos, and articles for beginners and sourdough pros on our website, www.culturesforhealth.com