

Creating a Sourdough Starter (2 weeks)

Materials:

- Mason jar or other glass jar
- Cloth or paper napkins to use as jar covers
- Rubber band
- Measuring spoons
- Utensil for mixing

- Flour (Any type you like! all-purpose, Rye, whole wheat, etc. Just NOT self-rising)
- Dechlorinated water (filtered water or tap water that has been left in a clear glass overnight)

Day 1: Preparing the starter:

- Add **2 Tbsp of flour** and **2 Tbsp of water** into a jar and mix to make a paste.
- Mix thoroughly, scraping down the sides of the jar with your spoon

- Cover the mouth of the jar with a paper towel or cloth napkin and secure it with a rubber band. This keeps out any large debris or insects, but microbes to filter in from the environment.
- Place your jar in a warm location, out of direct sunlight for 24 hours before moving onto the next step.

Day 2: Feeding your starter:

- Time to feed your starter! Remove the paper towel/cloth and use a utensil to mix your starter thoroughly.
- Smell your starter. This may sound odd, but by giving your starter a good sniff each day, you are training your nose for the subtle shifts happening in the microbial community. Use our Sourdough Aroma chart as a reference.
- **Remove 1 tablespoon of the starter** and dump it into the trash or compost.
- Add **4 teaspoons of flour** and **1 tablespoon of water** and **mix well**, scraping down the sides of the jar.
- Cover the jar with a paper towel or cloth napkin and secure with rubberband.
- Set aside for 24 hours.

Day 3 thru 14: Continue Feeding Your Starter

- Smell your starter.
- Remove 1 tbsp of the starter.
- Add **4 teaspoons (1 1/3 tbsp) of flour** and **1 tbsp of water** and mix well, scraping down the sides of the jar.
- Cover the jar with a paper towel or cloth napkin and secure with rubberband.
- Set aside for 24 hours.

Day 15 (or feeding 15 depending on how vigorous your starter was)

- When it is time to refresh your starter for the fifteenth time, rather than discarding a tablespoon of the starter as you usually do, **transfer 2 Tbsp of your starter to a new jar**. *Depending on how much starter you have, this may be all of it. That is ok, you will still have it at the end. We just want to make sure that everyone is starting with the same amount.*
- **Add 3 Tbsp flour** and **2 Tbsp water** and mix thoroughly, scraping down the sides. The starter will be a little thicker than usual.
- Before setting it aside, use a rubber band to indicate the height of the starter.
- Check back every few hours. You want your starter to double in size.

*Inspiration and instructions for sourdough project from

<http://robdunnlab.com/projects/wildsourdough/>

Basic sourdough bread recipe

Materials list

Ingredients:

- 3 $\frac{2}{3}$ cups all-purpose flour (regardless of what flour you used for making your starter!)
- 1 $\frac{3}{4}$ teaspoons salt
- 1 $\frac{1}{2}$ cups plus 4 teaspoons water, room temperature
- $\frac{1}{3}$ cup mature sourdough starter (fed 8-12 hours beforehand)

Directions *(The author generally mixes the dough 24 hours before baking.)*

- Mix the flour and salt in a large mixing bowl. Mix the sourdough starter and water in a separate bowl. Pour wet ingredients into dry ingredients, mix for 10 minutes (until the dough is smooth-looking).
- Turn the dough onto the counter and form the dough into a ball. Coat the bowl with oil and put the dough ball back into the bowl, rolling it in the oil to coat the entire surface of the dough ball. Cover the bowl with a lid and let it sit on the counter for 12 hours.
- Transfer the covered bowl to the fridge, to continue fermenting overnight.
- *When you are ready to bake:* Preheat oven to 500F, with a baking sheet or cast iron skillet inside (to get nice and hot).
- When oven has preheated, take the bowl of chilled dough out of the fridge. Gently run a spatula around the edge of the dough ball, to separate it from the wall of the bowl. Sprinkle rice flour or corn meal on the top surface of the dough ball.
- Remove the hot baking sheet from the oven, then turn the bowl upside-down over the pan so that the dough ball falls out (flour-side down) onto the hot pan. Using a sharp knife, quickly score the top of the loaf.
- Place the pan (now with the scored loaf on it) into the oven on the middle rack. Close the oven door and re-set the temperature to 475F.
- Bake 20 minutes at 475F. Lower the temperature to 350F, and bake another 20 minutes.

Recipe from <http://robdunnlab.com/projects/wildsourdough/>