

Sourdough Starter Feeding

Make sure starter is **well-risen and gassy** before feeding.

starter	160 g	half of your starter ($\frac{3}{4}$ to 1 cup)
water	60 g	$\frac{1}{4}$ cup
flour	100 g	$\frac{7}{8}$ cup

- Mix starter with water first, then add flour.
- Mix until there are no dry spots.
- The other half of the starter (not needed for feeding) can be composted or used in baking.
- To bake with the new starter, leave the starter out and it will be ready in 8-10 hours.
- Otherwise, leave starter out 2-3 hours, put into fridge.

If you only have a little starter:

Instead of throwing out some, feed all of it! You can estimate the amount of water and flour to use, just keep the starter's consistency about the same. When you feed it, the amount of starter will double. Wait until it is **full of gas** and feed it again. When you have 320 grams of starter (about 1 $\frac{1}{2}$ to 2 cups), begin using the recipe above.

Basic Sourdough Bread

This recipe requires starter that is **well-risen and full of life**. If your starter has been in the fridge for a week, you should throw out half, feed it, and let it rise before using it in bread. (Ideally, let this newly-fed starter rise at room temperature for 8-10 hours to make sure it is well-risen.) Then take what you need for the bread, feed some to save, and throw out the teeny remaining bit.

This recipe is for a starter that is a dough-like consistency (i.e., not a very wet starter).

white flour	94%	479 g	3 $\frac{1}{2}$ - 4 $\frac{1}{4}$ cups (4 $\frac{1}{4}$ cups is very fluffy)
wheat flour	6%	31 g	$\frac{1}{4}$ cup
starter	21%	107 g	(one third of the usual amount that you keep in the fridge)
water	64%	326 g	1 $\frac{1}{2}$ cup
salt	2%	11 g	1 $\frac{1}{2}$ tsp

- Mix the flours, water, and starter until there are no dry spots. Let the mixture sit (covered) for 15-20 minutes.
- Add salt and knead until dough is fully-kneaded (it is flexible and does not rip when stretched).
- Cover the dough and let it rise somewhere warm (at least 70F) for 2 hours.
- Preshape the dough into one or two rounds.
- Let the rounds sit to relax, then shape them into the final round form.
- Cover and let them rise for about 15 minutes; then put them into the fridge.
- (You can let them rise about an hour and bake the same day for a less-sour flavor.)

- The next morning, pull out the loaves and let them warm up and resume rising. Preheat the oven to 500F.
- When the loaves feel gassy and soft, score and steam the tops and bake at 460.
- Bake 15 minutes, check brownness (and let steam out of the oven), and then bake another 10 minutes.