



# Sourdough Starter Recipe

## Ingredients:

1 cup (120 grams) Bread Flour

½ cup (120 grams) Filtered Water at room temperature

More flour and water to feed your starter

## Materials Needed:

4 cup glass mason jar or equivalent

Spoon to mix

4 quart food grade plastic with lid

---

**Step 1:** Mix together flour and water with fork until all flour is incorporated in mason jar. Cover loosely. Place in warm (70f) area out of direct sunlight.

**Step 2:** Check your starter daily. Look for bubbles or signs of activity. Mix starter daily.

**Step 3:** When starter begins to become active (2-6 days) begin to add ½ cup (60 grams) flour and ¼ cup (60 grams) water. Mix into starter and wait for more activity.

**Step 4:** Keep repeating this process daily until the jar is ready to overflow.

**Step 5:** Transfer starter to plastic bin. Add enough flour and water so that the bin is about 1/3 filled. Allow starter to rise and double in size. Once it doubles, mix starter, then cover and place in refrigerator for at least a week.

**Step 6:** Pull the starter out of the fridge the night before you plan on using it. Add 1 cup (120 grams) bread flour and ½ cup (120 grams) water and wait for starter to double in size before using.

**Step 7:** Use up to 90% of your starter for recipes. Refill starter with 1:1 weight ratio of flour to water to fill bin to 1/3 full. Allow starter to show activity (overnight) before mixing and placing back in the refrigerator until next use.