

Sourdough Starter

Modified, Based on: <https://www.theperfectloaf.com/7-easy-steps-making-incredible-sourdough-starter-scratch/print/10771/>

Serves: n/a

Total Time: n/a

300g all-purpose flour
400g whole-grain rye flour
800g water

Day One

To a clean jar, add 100g whole rye flour and 125g warm water. Mix ingredients and keep somewhere warm for 24 hours.

Day Two

To clean jar, add 75g of the mixture from Day One (discard the rest), 50g whole rye flour, 50g all-purpose flour, and 115g water. Mix ingredients and keep somewhere warm for 24 hours.

Day Three

To a clean jar, add 75g of the mixture from Day Two (discard the rest),

50g whole rye flour, 50g all-purpose flour, and 115g water. Mix ingredients and keep somewhere warm for 24 hours.

Day Four

On day four, you will give the mixture two feedings. In a clean jar, add 75g of the mixture from Day Three (discard the rest), 50g whole rye flour, 50g all-purpose flour, and 115g water. Mix and let rest for 12 hours. In the evening, after 12 hours, repeat the discarding and feeding you did in the morning. Let the mixture rest overnight.

Day Five and Six

For days five and six, continue to discard down the jar contents and then feed with the same ratio of ingredients as Day Four, twice a day. You can use the same jar for these feedings.

Day Seven and Onward

In the morning on Day Seven, discard the jar's contents down to 20g of the mixture and add 30g whole rye flour, 70g all-purpose flour, and 100g water. Repeat this feeding twice a day, once in the morning and once in the evening, indefinitely.