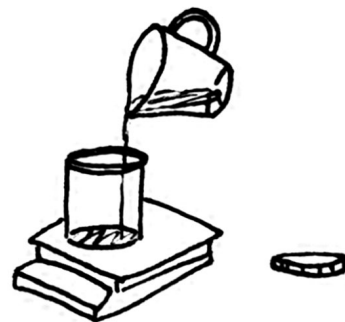


ADD 25 GRAMS OF  
SOURDOUGH STARTER  
TO THE WATER AND  
THEN STIR IT UP TO  
DISPERSE THE STARTER.



## STEP TWO

### STEP ONE



ADD 25 GRAMS OF  
COOL WATER TO  
ONE OF THE  
EMPTY JARS.

WITH A CLEAN SPOON  
OR SCOOP, ADD 25 GRAMS  
OF YOUR FLOUR CHOICE,  
MIX THIS UP THOROUGHLY  
AND SCREW THE LID  
ON LOOSELY.



## STEP THREE

WHAT YOU'LL NEED:



TWO EMPTY WIDE-  
MOUTH JARS  
(PINT SIZE IS NICE)

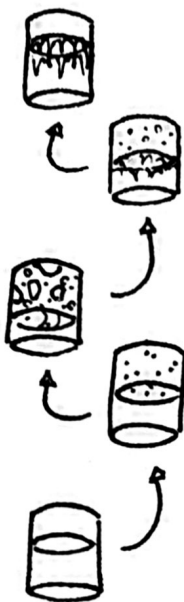
DIGITAL  
KITCHEN  
SCALE



WHITE FLOUR  
(AP OR BREAD),  
OR WHOLE WHEAT,  
OR A 50/50 BLEND OF THESE.

& WATER FROM YOUR TAP.  
(OR FILTERED, IF PREFERRED)

LET THIS SIT  
FOR 24 HOURS  
BEFORE ITS  
NEXT 'FEEDING';  
IT SHOULD  
RISE & FALL,  
GAINING  
BUBBLES &  
LOOSING THEM.  
IT SHOULD  
CHANGE IN  
SMELL & TASTE  
FROM FLOURY  
TO SWEET/FRuity  
TO TANGY, TO  
STINKY/CHEESY.



## STEP FOUR

# EVERYDAY SOURDOUGH STARTER



BY: JOAN RASMUSSEN

AFTER 24 HOURS, REPEAT  
STEPS ONE TO FOUR, USING  
THE EMPTY MASON JAR TO  
SCALE THE INGREDIENTS  
INTO. YOU CAN COMPOST,  
THROW AWAY, OR ADD THE  
LEFTOVER DAY OLD STARTER  
TO PANCAKES OR COOKIES  
FOR A LITTLE FLAVOR.  
CLEAN THE ORIGINAL &  
DIRTY JAR SO THAT IT  
IS READY TO SCALE INTO  
AT THE NEXT 'FEEDING'.

## STEP FIVE

## NOTES

THIS IS JUST ONE WAY  
OF THOUSANDS TO KEEP  
A STARTER ALIVE AND  
HEALTHY!

BE SURE TO CHECK YOUR  
BREAD RECIPE FOR THE  
AMOUNT OF STARTER YOU  
WILL NEED & MULTIPLY  
ACCORDINGLY, SO THAT  
YOU HAVE SOME EXTRA TO  
KEEP THE STARTER GOING.

THE STARTER IS READY TO  
USE IN YOUR BREAD RECIPE  
WHEN ITS AT PEAK GROWTH!