

Sourdough starter

little cup of blessings



INGREDIENTS

Flour

Water

You can use flour in your own taste, I personally have been using rye flour and it works just fine.

BUBBLES & RISING

You know you have a working sourdough starter when you see a lot of bubbles and it rises to around the doubled size an hour or two after feeding it.

DAY 1

Morning: Put 30g of flour and 30g of water into a jar and mix it all together. let it rest in room temperature under a loose lid or a thin table cloth.

Evening: Add another set of 30g flour and 30g water into the jar, mix everything together and let it rest.

DAY 2-5

Feed your sourdough every morning and evening as followed: take away half of the sourdough (60g) and add in 30g of new flour and 30g water, mix everything together and rest until next feeding.

DAY 6 AND FORWARD

Feed once a day according to process above (take half away and add a new set of 30+30). From this point on you could also store your sourdough in the fridge, feeding 1 time/week or more often if you like to. Just make sure to have it in room temperature a while before so it's not cold when youre feeding it, and let it rest a while before putting it in the fridge again so it keeps active.

*30g of flour is around 1/4 cup, and 30 g water around 2 tablespoons.