

# HOW TO MAKE SOURDOUGH STARTER


Make natural yeast with just flour and water

## WHAT YOU WILL NEED:

CLEAN GLASS CONTAINER 

SPOON TO STIR AND MIX 

FLOUR 

FILTERED OR BOTTLED WATER 

## DAY 01



## DAY 02

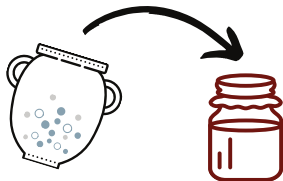


## WHEN TO FEED

Depending on how quickly it's fermenting, you might have to feed every 8 to 12 hours or even 24 hours! Cover the jar with a cloth or place a small plate on the top. Do not seal tight. Keep the jar in a warm spot.

## DAY 02 TO DAY 08 FOLLOW THE BELOW STEPS EVERYDAY

discard 1/2 of the mixture



From Day 2 to Day 8, take out half of the starter from the main container and either discard or store it in a separate glass jar!

You can store the discard in the refrigerator for a couple of weeks. Use the discard to prepare pancake, crackers, waffles, flat bread, etc.

Once you discard, feed the starter as usual.



## DAY 09

You sourdough starter should be matured by now. There should be bubbles and the quantity must have increased by now. It should smell acidic like nail polish remover.

You can start baking with the starter. Or feed it as usual, close the lid of the container and keep it in the refrigerator. Starter kept in the refrigerator needs feeding only once a week.



## HEALTHY STARTER

- Bubbly
- Doubled in size
- Smells acidic like nail polish remover

## UNHEALTHY STARTER (discard)

- Pink or Orange strands
- Complete color change
- Mold growth