

Sourdough Starter

All sourdough starters have a history behind them. A romantic tale of travel across the globe and changing hands from generation to generation, it's all very lovely. Sometimes the origins of a starter are unclear and sometimes they even cause arguments! Fact is that your starter is unique to you, so start your own history.

After this you'll have around 200g of sourdough starter ready to go.

Difficulty

Easy

4 days

Ingredients

Organic wholemeal rye flour

Warm water around 35°C

Method

For this you'll need a tall, and ideally round, container like a glass jar with a plastic lid.

Day 1

In your pot mix together 25g of flour and 25g of water. Smell this mixture now, it'll have a grassy smell to it. Cover with a damp tea towel loosely. This will allow the wild yeasts through. Leave it on the kitchen side.

Day 2

Add 25g of flour and 25g of water and mix together. Leave it on the kitchen side until tomorrow, covered.

Day 3

Again, add 25g of flour and 25g of water to your pot and mix together, keeping damp cloth over it.

Day 4

Add another 25g of flour and 25g of water to your pot and mix together.

In the warm months, your starter will show signs of life on day four, sometimes even by day three. If not, give another feed and wait until tomorrow.

When your starter is bubbling *and* increasing in volume it's ready to bake bread with. It will smell acidic, sometimes really strong but never particularly unpleasant. Keep it in the fridge until you require it.

There is no need to keep more than a small amount so you will never have any discard or waste. Simply take it out of the fridge and feed it when needed, giving it time to waken up and start bubbling happily.

Note - Keep it covered with a cloth whilst it's out on the work top so it can attract the wild yeast, but cover with plastic lid when in the fridge.