

# Best Homemade Sourdough Starter Recipe

## Ingredients

- 2 cups all-purpose flour, I use organic unbleached or einkorn\*
- 2 cups warm water (free of chlorine and other chemicals)
- 1 pkt active dry yeast ( $\frac{1}{4}$  oz)

## Instructions

1. In a 1 gallon glass bowl or jar (no metal), mix the 2 cups of flour and the packet of yeast. Slowly stir in the 2 cups of warm water (105° to 115°F). Scrape down the sides and stir again until smooth. It will be the consistency of cake batter.
2. Cover with a clean loosely woven towel and leave it to rest in a warm spot (70–85°F) up to 4 days\*. The mixture should be very bubbly, have a sour smell and have a watery liquid on top\*\*. If not using right away, cover with a tight-fitting lid and refrigerate.
3. When ready to use (within 1 to 2 weeks), take out and stir; let it come to room temperature then remove what's needed for your recipe.
4. For every  $\frac{1}{2}$  cup of starter removed, replace with  $\frac{1}{2}$  cup flour and  $\frac{1}{2}$  cup warm water; stir until smooth and scrape down sides of container. Cover with a cloth and leave in a warm place for 1 to 2 days until bubbly; stir; cover with a tight-fitting lid and refrigerate.

## Tips

- Each time you feed the starter, stir vigorously. It's important not to have any dry lumps of flour.
- To keep your starter going, it must be fed. Follow steps 3 and 4 above if you're going to be using it often.
- If you have a food scale, measure the  $\frac{3}{4}$  cup flour and weigh it. Add the equal weight of water each time you feed.
- On the days you feed, leave it on the counter for 1 to 2 days so the bacteria can multiply.
- For longer storage, stir; let come to room temperature; remove half of the starter; replace with the same amount of flour and water, 1-1-1. Cover with cloth; leave in warm place until bubbly; stir; cover with tight-fitting lid and refrigerate.

\*It may take longer for your starter to double, depending on the temperature of the room.

\*\*If the starter has an odor or mold, toss and start over.

## Facts

- Always use fresh flour, that is absolutely necessary for a successful sourdough starter.
- Check the date on your yeast packet to make sure it's good.
- Don't use tap water.