



## *Sourdough Starter*

### **Ingredients**

- 1/4 cup whole wheat flour (32g)
- 1/4 cup bread flour (33g)
- 1/4 cup warm water (60g)

1. DAY 1: In a clean glass jar, combine the flours and water until well combined without any signs of dry flour. Cover loosely and let stand at room temperature (75° F) for 24 hours.
2. DAY 2: Discard about half of the starter (57g). To the jar, add 1/2 cup (64g) of bread flour and 1/4 cup (60g) of water. Stir until completely combined. Cover loosely and let stand at room temperature (75° F) for 24 hours.
3. DAYS 3-6: Repeat Day 2 process, feeding the sourdough around the same time each day. You should start to see some activity in the starter. Cover loosely and let stand at room temperature (75° F) for 24 hours.
4. DAY 7: Discard and feed your starter. When activity has reached its peak, perform the float test. Drop about a tablespoon in a bowl or cup of water. If it floats, your sourdough is ready. If it does not, it still needs some time to ferment. Continue feeding it as you have the last few days, or twice per day (every 10-12 hours) to promote growth.
5. DAYS 8-13: Continue to discard (of course saving the discard for other recipes) and feed. Your starter should be quite active and begin to smell sour or yeasty.
6. DAY 14: Your starter should be ready!! Again perform the float test just to make sure. If so, it's time to make some sourdough bread!