Sourdough Starter Recipe

Adapted From: King Arthur Flour

Ingredients

To Start:
- 1c (113 grams) whole wheat flour or all-purpose flour
- 1/2c (113 grams) room temperature water

To Feed:
- 1c (113 grams) all-purpose flour
- 1/2c (113 grams) room temperature or warm water

Instructions

- **Day 1:** Combine the flour with the room temperature water. Make sure to stir it up well so it all mixes together and there’s no dry flour left. For the container, you can use anything that is large enough to hold the starter as it grows. Something 1 quart or larger works best.
- Cover the container loosely either by lightly setting a lid on top or covering it in a towel. Set it in a warm place for 24 hours.
- Are in a cold place? It might take your starter a little longer to grow, but that’s okay. If you have a water heater or refrigerator, setting the starter on top of those appliances might help, since they are usually warmer spots. Putting your starter in the oven (make sure the oven is off!) with the light on can also help.

- **Day 2:** You might see a bit of bubbles, or nothing at all on this day. That’s okay! Either way, discard half of the starter (113 grams, about 1/2 cup). Then, add 1 cup (113 grams) flour and 1/2 cup (113 grams) cool water (if your house is warm) or lukewarm water (if it's cold). Mix it all together and let it sit in a warm place for another 24 hours.

- **Day 3:** You’ll probably see some activity, such as bubbling or it growing in size. Now you will begin feeding it twice a day, once in the morning and one in the evening. For each feeding, use only 113 grams or 1/2 cup of starter and discard the rest.
- Add 1 cup (113 grams) flour and 1/2 cup (113 grams) cool water (if your house is warm) or lukewarm water (if it's cold) and mix together with the starter. Cover and let it rest. Repeat this twice a day.

- **Day 4:** Feed your starter twice today, following the steps from Day 3.
Day 5: Feed your starter twice today, following the steps from Day 3. By the end of Day 5, your starter should be very active. There will be a lot of bubbles and it will have grown a lot. Also it will start to smell a bit “tangy.” If your starter hasn’t risen much, that’s okay. It might take a little longer. Keep repeating the steps from Day 3 until you notice a lot of activity. Once you do, move on to the next step.

Once the starter is showing a lot of activity and seems ready, feed it one more time, following the steps from Day 3. Cover and let it rest for about 8 hours.

Now you can start cooking with your starter! If you’re not ready to cook yet, you can scoop your starter into a jar or bowl or whatever you would like to permanently store it in. Store it in the refrigerator.

You’ll want to feed your starter once a week as you get started. Take it out of the fridge and measure out a little less than 1/2 cup (100 grams) of starter. Discard the rest. Add 1 cup (113 grams) flour and 1/2 cup (113 grams) and mix together. Cover and let sit at room temperature overnight, then put it back in the fridge. Once your starter has gotten a bit older, you can start feeding it only once a month.