

Cooking with Chef Catey
March 25, 2020

Lesson 1: How to Make Sourdough Starter

Ingredients:

Day 1:

- 1 cup whole wheat flour
- ½ cup warm water

Day 2 -6:

- 1 cup all purpose flour
- ½ cup warm water

Directions:

Day 1:

1. Warm (body temperature- about 100 degrees) water is best for yeast growth, too hot and it will kill the yeast. To test the water, feel it with your fingers, if it feels the same temperature or slightly warm to touch, it is the correct temperature.
2. Mix the warm water and whole wheat flour. It needs a larger container in either glass or stainless steel with space to grow.
3. Mix until all the lumps are gone.
4. Cover loosely with cloth or paper towel and rest in warm area of house for 24 hours. Suggest the top of frig.

Day 2:

1. You may see some beginnings of bubbling.
2. Take ½ cup of the mixture and throw it away (this is to create a concentrate).
3. Add 1 cup all purpose flour and ½ cup warm water.
4. Mix until all the lumps are gone.
5. Cover with cloth or paper towel and rest in warm area for another 24 hours

Day 3:

1. Are there more bubbles? Does it smell differently? Did it grow?
2. Repeat Day 2, Steps 2-5:
 - a. Discard ½ cup, Add 1 cup all purpose flour and ½ cup warm water, Mix completely, cover and rest for **12 hours**.

Day 4:

1. Now begins **twice daily** feedings:
2. Repeat Day 2, Steps 2-5 once after breakfast and once after dinner.

Day 5 and 6:

1. Repeat Day 4

Day 7:

1. How has your Sourdough Starter changed? Are there more bubbles? What does it smell like? Did it grow?
2. If your Sourdough Starter shows lots of bubbles, smells tangy or pleasantly acidic and has at least doubled in size, it should be strong enough now to begin using for baking.
3. Feed it one more time (Day 2, Steps 2-5) and let rest 2-3 hours to get started.
4. Transfer Sourdough Starter to a crock or jar with **loose fitting lid** to release air (or it will escape and make a mess).
5. Store in the refrigerator and feed it once a week. Recommend weekly tradition (Sunday morning pancakes? Recipe to come).
6. To use Starter in future, feed the day before baking and follow as directed in recipe.

Student Challenge:

Record Daily changes in your Sourdough Starter. Use tape on the outside of the bowl to measure daily growth. Draw number and size of bubbles. Is the smell getting stronger?

Resource:

<https://www.kingarthurfour.com/recipes/sourdough-starter-recipe>