

Sourdough Starter

Ingredients:

- 1/4 cup whole wheat flour (you can switch to all-purpose after the first day if desired)
- 2 tablespoons filtered water (room temperature)

Instructions:

Day 1:

- 1 **Mix flour and water:** In a clean glass jar, mix 1/4 cup of whole wheat flour with 2 tablespoons of filtered water.
- 2 **Consistency:** Aim for a thick batter consistency. Adjust with a little more water or flour as needed.
- 3 **Cover loosely:** Cover the jar loosely with a lid or cloth to allow airflow. Let it sit at room temperature (around 70°F) for 24 hours.

Day 2:

- 1 **Check for bubbles:** After 24 hours, check for bubbles. If none, don't worry – it might need more time.
- 2 **Discard and feed:** Discard half of the mixture and add 1/4 cup flour and 2 tablespoons of water. Stir until smooth.
- 3 **Cover and rest:** Cover loosely again and leave it at room temperature for another 24 hours.

Day 3:

- 1 **Bubbles and activity:** By day 3, you should start seeing some bubbles.
- 2 **Discard and feed:** Discard half of the starter and feed it again with 1/4 cup of flour and 2 tablespoons of water.
- 3 **Twice daily feedings:** From now on, feed it every 12 hours, discarding half and feeding the same amounts.

Day 4-7:

- **Continue feeding:** Keep discarding and feeding twice a day. By day 5-7, the starter should consistently rise and bubble.
- **Ready for baking:** Once it reliably doubles in size within 4-6 hours after feeding, it's ready for baking.