

Sourdough Starter Table

DAY	DATE	TIME	STEP
1			1. CREATING THE STARTER 1 tbsp flour, 1 tbsp water Put the flour and water into a bowl, mix to a paste, cover loosely, leave in a warm place for 12 hours.
	0 hours		2. FIRST FEED 1 tbsp flour, 1 tbsp water Add the flour and water to the starter, stir to mix, cover loosely, leave in a warm place for 12 hours.
2			3. SECOND FEED 1 tbsp flour, 1 tbsp water Repeat step 2.
	24 hours		4. THIRD FEED 1 tbsp flour, 1 tbsp water Repeat step 2.
3			5. FOURTH FEED 2 tbsp flour, 2 tbsp water This feed is slightly larger to boost the starter. Add the flour and water, stir, cover loosely and leave in a warm place for 12 hours.
	48 hours		6. FIFTH FEED 2 tbsp flour, 2 tbsp water Repeat the larger flour and water feed, cover loosely and leave in a warm place for 12 hours. When bubbly proceed to make your ferment.
60 hours			
4 ⁺			7. KEEPING THE STARTER flour, water Feed starter regularly with flour and water (quantities as per first feed), more frequently if warm, less often if cool.
72 hours+			