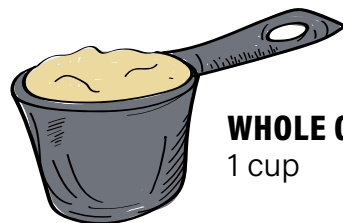


# SOURDOUGH

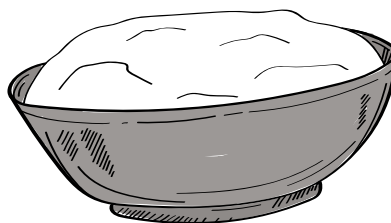
## Starter



**WHOLE GRAIN FLOUR**  
1 cup



**WARM WATER**  
½ cup



**BREAD FLOUR**  
About 4 cups



**SALT**  
1 tsp



**SUGAR**  
3 tbsp



# SOURDOUGH STARTER

*In terms of a recipe, it doesn't get much simpler than a sourdough starter. Begin with equal parts water and flour, a little salt and sugar, mix and let sit. Allow the starter to sit covered on the counter and every day or so remove half the volume and add in more flour and sugar. This can then be used in place of store-bought yeast to leaven bread.*

## INGREDIENTS

- 1 cup whole grain flour
- ½ water, warm
- Bread flour
- 1tsp salt (optional)
- 3tbs sugar (optional)

## INSTRUCTIONS

- 1 Combine whole grain flour (and salt and sugar if using) with a warm water using a wooden spoon. Stir together in a jar that can be closed and made airtight. Close jar and leave in a warm, dry spot for 24-48 hours. When the starter begins bubbling this indicates that the fermentation processes has begun.
- 2 When you see a significant number of bubbles (more than one or two) it's time to start feeding your starter. Discard ½ the starter and add in ½ cup warm water and ½ cup bread flour.
- 3 When the starter begins to get "hungry" again, it will become runny and bubbly. This takes roughly 24 hours but can sometimes take less time. When this happens discard half the starter and add ½ cup warm water and ½ cup bread flour. Repeat this process roughly every day to maintain a healthy sourdough starter.
- 4 It takes roughly five days for a starter to become ready to use. A starter should be left in the refrigerator or a cold place only if you do not plan on using it as a leavening agent for two weeks.

*If the starter changes color — most likely to an orange or a pink — the starter should be discarded.*

*Happy  
Baking!*