

Easy Sourdough Starter – Quick Guide

Ingredients:

- 50g flour (all-purpose or mix with whole wheat)
- 50g filtered or bottled water (room temp)
- Clean jar (quart-size works well)
- Spoon or spatula
- (Optional) Digital kitchen scale

Daily Steps (Days 1–7+):

Day 1

1. Mix 50g water + 50g flour in a clean jar.
2. Stir until smooth. Keep sides clean.
3. Cover with a loose-fitting solid lid (not cloth).
4. Mark the level and let sit 24 hours in a warm spot.

Day 2

- Add 50g water + 50g flour.
- Stir gently. No discard yet.

Day 3

- Discard all but 50g starter (trash, not sink).
- Add 50g water + 50g flour.
- Stir and cover.

Days 4 and beyond

- Continue daily discard and feedings (1:1:1 ratio).
- Starter is ready when it doubles in size for 3 days straight.

Tips:

- Add a little whole wheat flour to speed things up.
- A gray liquid ("hooch") on top = hungry. Stir in or pour off.
- Store in the fridge after it's established.
- Texture should be like pancake batter to soft dough.
- Pink or orange? Throw it out.

Bonus:

Give your starter a fun name—ours is *The Mandoughlorian*!

Enjoy baking once your starter is bubbly and strong.