

your Sourdough starter



WHAT YOU NEED...

- Carr's Strong White flour
- 1 litre clear jar with lid
- Tap water
- Spatula / spoon
- Waterproof marker (to name your starter!)

CREATE YOUR STARTER...



- Mix 100g of flour with 125ml slightly warm water.
- Stir until all the lumps have gone to give you a smooth, thick batter.
- Leave the jar open for a couple of hours to allow the airborne yeast particles in, then put the lid on.
- Leave for 24hrs at room temperature (approx 20-24°C).

FEED YOUR STARTER!



- After 24 hours feed your starter!
- Scoop out half of the mixture and throw away.
- Replace with 100g Carr's Strong White flour and 125ml tepid water.
- Stir well to create a smooth batter.
- Repeat this for the next 6 days (you can keep track with the chart below)

CARING FOR YOUR STARTER...



- After a few days bubbles should start appearing on the surface.
- It will start to smell of yeast with a slight acidic edge.
- The time this fermentation occurs will vary, but by the 8th day it should be quite bubbly and smell sweet.
- To test your starter for baking, put a small amount on a teaspoon and drop into a glass of water. If the batter sinks continue discarding and feeding, if it floats- your ready to bake!

Daily Feed

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7