



New Starter Instructions by Laila O'Boyle

The below guide is for creating a 100% hydration sourdough starter, also known as a "liquid levain," from scratch. To create your own starter you will need the following:

- [All-Purpose Flour](#) or [Bread Flour](#) – unbleached & malted is ideal
- [Whole Wheat Flour](#) or [Whole Rye Flour](#) for initial feedings
- Water (any that is suitable for drinking) – ideally warm, between 80 & 85° F
- [Small Jar](#)
- [Kitchen Scale](#) – with gram increments
- [Sourdough Stirrer](#), [Spatula](#) or spoon (with long handle)
- [Digital Kitchen Scale](#) – with gram increments

During this process the starter should be held at ~80°F to encourage fermentation. If you don't have an area where you can control the temperature in your home, you can keep your starter in the oven with just the light on, but put it on the other side, away from the light. For each step below, mix the ingredients together until the flour is fully hydrated and discard the remaining starter.

Schedule	Starter	Flour	Water	Next Feeding
Day 1 AM	N/A	20g rye/whole wheat flour	20g	24 hrs
Days 2-6	10g	10g rye/whole wheat	10g	24 hrs
Days 7- when its ready	10	10g ap/bread flour, 10g rye/whole wheat	20g	Feed again when it stops growing. Always discard all but 10g.

On day 3 or 4 you will see a common "false rise". Do not use it to bake and do not lose hope when it stops being active after this. It's normal. Around days 5-7, the starter will smell horrible and this is also normal. Once the starter doubles or even triples reliably, you can bake with it.

Continued on following page



Starter Maintenance

If you plan to bake regularly, maintain your starter by keeping a small, stiffer starter. Take 2–3g starter and feed it 10g water and 15g bread or all purpose flour. Kept in a cool spot in your kitchen, you can do this every 24 hours. Feed it more to build it up to what you need before baking. If you live in a hot and humid climate, consider keeping it in the fridge or feeding these ratios twice a day.

If you plan to bake once or twice a month, after feeding your starter the ratios above, place it in the fridge, tightly covered. A couple days before you plan to bake, take your starter out of the fridge and “activate it” by feeding twice a day for 2 days using the original 1:1:1 ratio, and 1:4:4 overnight. Once it begins to double or triple in volume within 4–6 hours, your starter is ready.

If you plan to bake once every couple months, it’s OK to store it in the fridge for longer periods of time as long as you feed it at least once a month. When you do, remove it from the fridge, feed it twice in one day using the 1:1:1 ratio, and return it back to the fridge, tightly covered. Or, if you prefer to have it ready sooner before baking, take it out and feed it 1:1:1 (5g:5g:5g) once a week. Leave it at room temp for 30-60 minutes before putting it back in the fridge.