

Sourdough Starter Checklist

Days Three, Four and Five

You are probably seeing lots of activity now. Bubbles, more liquid on top, changes in smell and color. This is all normal and GOOD!

Today's Date: _____ Time: _____

Assemble your ingredients and equipment.

- Flour
- Filtered water -- about 1/2 cup at 90 degrees F.
- Scale or measuring cups
- Clean jar to transfer your starter into AFTER you discard and feed.
- Spatula and a spoon or scoop
- Thermometer
- Calculator

Calibrate your scale, weight your starter and get ready to feed.

- Turn your scale on and clear the scale.
- Make sure the scale is set to **GRAMS**.
- From your **Day Two Worksheet** -- how much did your empty jar weigh? _____
Put your Starter jar on the scale. What is the total weight? _____
- Subtract your jar weight from your total weight. This is your **STARTER** weight _____

Discard and feed.

- Remove **1/2** of your starter.
- Tare the scale. Spoon your flour into the jar until the weight reaches 100 grams or .8 cup (1 cup minus 2 tbsp.).
- Tare the scale again. Slowly pour your filtered water into the jar until it weighs 100 grams or .42 cup (1/2 cup minus 1 tbsp.).

Remove the jar from the scale and mix together.

- Use your spatula to mix the flour and water together. Mix well. Try for no lumps.
- If you were careful not to get the starter all over the jar, you can leave it in the jar for the next 24 hours. If you feel like your jar is too messy, Pour or spoon your mixture into your glass jar. Clean side are good!
- Put a rubber band on your jar to mark the level of the starter.
- Secure the cheesecloth with another rubber band.
- Set your baby starter in a warm place for 24 hours. You'll come back tomorrow to feed and nurture the starter.

You'll continue this feeding schedule for days 3, 4 and 5. By day 5 you might have a mature starter! If not, continue one day at a time until your starter grows by about 1/2 2-3 hours after you feed it.