

Sourdough Starter Checklist

Welcome to Day One!

Are you excited? You should be! Today, you'll be creating a little life-force that will help you make sourdough bread and other yummy foods.

Print this out and follow along to create your starter without missing a step.

Today's Date: _____ **Time:** _____

- Let's name your starter.** Pick a name that makes you smile when you think of it. My starter's are named Ethel and Marge. **Write your starter's name here:** _____
- Assemble your ingredients and equipment.**
 - Flour
 - Filtered water -- 1/2 cup at 90 degrees F.
 - Scale or measuring cups
 - Clean jar, cheesecloth and rubber bands
 - Mixing bowl
 - Spatula and a spoon or scoop
 - Thermometer
- Measure your jar and set the scale.**
 - Turn your scale on and clear the scale. This is the TARE button.
 - Make sure the scale is set to **GRAMS**.
 - Put your **EMPTY** jar on the scale. How many grams does your jar weigh?
Write that number here: _____
 - Remove the jar and place your mixing bowl on the scale and TARE the scale so that the weight says 0 grams.
- Measure your flour & water into the mixing bowl.**
 - Make sure the mixing bowl is on the scale and you have TARED the scale to 0 grams.
 - Spoon your flour into the mixing bowl until the weight reaches 100 grams.
 - TARE your scale **with the bowl and flour still on it** so the weight says 0 grams.
 - Slowly pour your filtered water into the bowl until it weighs 100 grams.
- Remove the mixing bowl from the scale and mix together.**
 - Use your spatula to mix the flour and water together. Mix well. Try for no lumps.
 - Pour or spoon your mixture into your glass jar. Try to avoid getting the mixture all over the the jar. Clean side are good! Use your spatula to get as much out of the mixing bowl as possible.
 - 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.