

Sourdough Starter Checklist

Days 6 & 7

Be patient. My first starter took 10 days to get to the point of being ripe enough to bake without supplemental rising agents. Day's 6 & 7 are going to get feedings twice a day.

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

1st Feeding

- Remove **1/2** of your starter.
- Tare the scale. Spoon your flour into the jar until the weight reaches 125 grams or 1 cup.
- Tare the scale again. Slowly pour your filtered water into the jar until it weighs 125 grams or 1/2 cup + 1 tablespoon.
- Remove from the scale. Stir vigorously until well combined. Let sit for 8-12 hours in a warm spot.
- 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!

2nd Feeding

- Remove **62.5 g** (1/4 cup) of your starter.
- Tare the scale. Spoon your flour into the jar until the weight reaches 125 grams or 1 cup.
- Tare the scale again. Slowly pour your filtered water into the jar until it weighs 125 grams or 1/2 cup + 1 tablespoon.
- Remove from the scale. Stir vigorously until well combined. Let sit for 8-12 hours in a warm spot.
- Put a rubber band on your jar to mark the level of the starter.
- Secure the cheesecloth with another rubber band.

You'll continue this feeding schedule for day 7. Feeding twice a day 8-12 hours apart.