

Yum.



How Often To Feed After Day 7

How often you need to feed your starter depends upon how often you're using it.

If you are baking **daily**, keep your starter in a cool dry place and feed it every day.

If you are baking **weekly**, keep your starter in the fridge, and feed it daily for the two days before you plan to use it.

Day 8 Onwards

Starter	60g (from previous day)
Flour	60g all purpose
Water	60ml filtered room temperature

Starter Tips

If you see dark liquid on top of your starter, this is called hooch. It means your starter is hungry. Discard the liquid and any discoloured starter, then feed as normal.

The amounts in this cheat sheet are a guide. Flour and yeasts are not all the same. You can always add more or less water if needed - your starter should be the consistency of thick pancake batter.

Try to feed your starter at roughly the same time every day. Starters love consistency.

Name your starter. It's a living thing, it's going to be feeding you, so it deserves a name!

Put a rubber band around your jar when you feed it, so you can see how much it's grown.

If you want to test if your starter is ready to use, place a small dollop in some water. If it floats, it's ready to use.

Starters rise and fall. The best time to use them is at their peak, which is usually roughly when they've doubled in size after feeding.

Every time you feed you end up with some discard, but that's useful too! Search for "sourdough discard recipes" for ideas. Discard can be stored in the fridge for up to two weeks.

Day 1

Starter	0g
Flour	60g whole wheat
Water	100ml filtered room temperature

Mix well, leave for 24 hours.

Days 2, 3, and 4

Starter	60g (from previous day)
Flour	50g whole wheat, 50g all purpose
Water	100ml filtered room temperature

Mix well, leave for 24 hours.

Days 5 and 6

Starter	60g (from previous day)
Flour	30g whole wheat, 30g all purpose
Water	60ml filtered room temperature

Mix well, leave for 24 hours.

Day 7

Starter	60g (from previous day)
Flour	60g all purpose
Water	60ml filtered room temperature

Mix well, transfer to new clean jar.



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