Cheatography

Sourdough Starter Cheat Sheet

by Dave Child (DaveChild) via cheatography.com/1/cs/42897/

Yum.

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.

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.

By **Dave Child** (DaveChild)
cheatography.com/davechild/
aloneonahill.com

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Float Test

If you aren't sure if your starter is ready, you can do the "float test".

Drop 1 tsp of starter into water. If it floats, your starter is ready. If not, feed your starter again.

Baking Schedule

Friday a.m.	Feed starter and leave overnight. (If you keep it in the fridge, feed friday morning and evening.)
Saturday a.m.	Check starter (float test).
Saturday	When starter is ready, make dough. Leave to rise overnight.
Sunday a.m.	Shape and bake.

Recipe

Ingredients

- 150g starter
- 250g warm water
- 25g olive oil
- 500g bread flour
- 10g fine sea salt

Method

1. Add starter, water, and oil to large bowl. Mix, then add flour and salt.
2. Mix until dough is stiff, then knead to rough dough.
3. Cover with damp towel, leave to autolyse for 30-60 mins.
4. Work dough into rough ball.
5. Cover and let rise until doubled in size. May take 2-12 hours depending on temperature.
6. Preheat oven to 230C (450F).
7. Shape dough (fold and turn). Place in lined pot (or coat with cornmeal) for second rise (1 hour).
8. Just before cooking, score top. Add lid.
9. Place in oven. Turn down to 200C (400F). Bake for 20 minutes then remove lid then 40 mins.
10. Leave to cool for at least 1 hour before slicing.

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