

Urban Treats – Sourdough Starter

https://www.youtube.com/@urbantreats_sydney

50g Flour / 50g Water	Day 1	8am Feed 8pm Stir
No Feeding Let Microbes Multiply	Day 2	8am Stir 8pm Stir
50g Starter 50g Flour / 50g Water	Day 3	8am Feed 8pm Stir
50g Starter 50g Flour / 50g Water	Day 4	8am Feed 8pm Stir
25g Starter 50g Flour / 50g Water	Day 5	8am Feed 8pm Stir
25g Starter 50g Flour / 50g Water	Day 6	8am Feed 8pm Feed
25g Starter 50g Flour / 50g Water	Day 7	8am Feed 8pm Feed

Maintain temperature (75-85° F)

Feed or stir every 12 hours

Flour can be (in order of preference):

rye, whole wheat, bread, all purpose

You can also make a mix of these

Flour should be unbleached

Your starter should always be 100% hydrated when active

That means always add equal parts flour and water when feeding

Temperatures

If your room is:

<70° F

70° F - 85° F

>85° F

Then use water:

90° F (Higher for colder)

Room temperature (ideally 85° F)

70° F (Lower for hotter)

* Do not exceed 110° F or you will start killing the bacteria

** Ideally you want your starter dough to remain around 75° - 85° F for optimal fermentation.

Aim to keep your starter at a temperature that allows you to feed it the minimum.

If you bake a lot, keep your starter warm.

If you don't bake a lot, keep your starter cool.

This will save you wasting flour.

If your starter is warm and you need longer between feedings, feed it more flour

If your starter is cool and you need shorter between feedings, feed it less

minimum 1:1:1' 25g each starter:flour:water

1:2:2'

1:3:3'

1:5:5'

1:10:10'

You can increase flour/water or decrease starter amount to reach goal ratio

Once your starter is active and stable, you can just keep it in the refrigerator and only use it to

create levain for each recipe. This will save you from wasting flour from always feeding and discarding.

Sourdough Starter Log

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