

Sourdough Starter

THE
SOURDOUGH
SCHOOL

Refreshing and maintaining a sourdough starter.

If you have just bought a starter for the first time welcome to the world of sourdough! Right at the heart of baking with wild yeast is a starter, so it is important to understand how to look after it, to bake sourdough successfully. Please read this leaflet carefully, as it explains how to refresh and care for your starter.

FREQUENTLY ASKED QUESTIONS

How often do I refresh my starter?

I keep my starter on a 2-week refreshment program, to keep it active. I suggest that you refresh when it gets to the last 125g in the pot.

What kind of flour should I use?

I recommend using organic flour bread flour.

Do I need to use bottled water?

No, simply leave your water to stand for a couple of hours, which allows the chlorine to evaporate.

What if I want to change the kind of flour that I use to refresh my starter with?

Changing flour is easy. You simply

refresh with the new flour you want to use. The one thing to remember though is that Wholegrain flours absorb more water, so I recommend using 110g of water per 100g of wholemeal flour with lower extraction flour.

How much starter should I keep?

Personally I prefer to keep a pot with no less than 125g in the fridge. Ideally I keep about 225g, which I refresh every two weeks. I use about 25g to make a leaven with, so this makes about 4 loaves, before I need to refresh.

But this leaves 125g of starter in the pot when it is time to refresh... isn't that a waste?

I use 25g towards my next refreshment, so there is 100g of leftover 'padding' in the pot when it is time to refresh. This is because starters seem to have an optimum level for health, so I never keep less than 125g in my pot.

I don't like throwing any starter away.

No, I don't like to waste my starter either so I use my leftover for

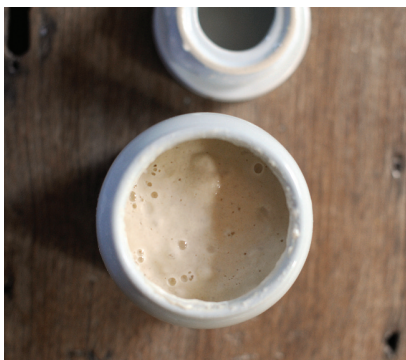


pancakes, and scones and cakes and to add back into normal yeasted bread as a flavour enhancer.

What's the difference between Rye and Wheat starters? Flavour is the main reason for having a rye starter as it produces a fruitier flavour. There are some people prefer to avoid wheat and so a rye starter is a good alternative.

Is there a recipe to go with this starter?

Yes. For a basic recipe more information on the Sourdough School visit Sourdough.co.uk



The Sourdough School is based in Northamptonshire in the UK and is run by specialist sourdough baker and tutor Vanessa Kimbell.

How To Refresh Your Starter



STEP 1

2 hours before you are ready to refresh pour 100g of water into a container.



STEP 2

Remove 1 large tablespoon from the original. Stir the starter into the now room temperature water in the container.



STEP 3

Discard the remaining starter (it makes a great flavour enhancer to other baked goods).



STEP 4

Wash the pot out thoroughly in hot water and dry.



STEP 5

Transfer the now milk coloured liquid from the container back into the now clean jar.



STEP 6

Stir in 100g of flour.



STEP 7

Pop the lid back on and leave on the side in a room with a comfortable ambient temperature. 18-22 degrees is ideal.



STEP 8

After 8 hours, if you have used white bread flour, your starter should float when tested.



STEP 9

It is now at its peak, where it is most biologically active. Now pop it back in the fridge.

Your starter can be kept for an almost indefinite amount of time, but the longer you leave it the more tired it becomes.