

Sourdough Starter Care Guide

How do I feed sourdough starter?

Sourdough starter always wants to double and you can't overfeed it. So to feed: **simply mix in an amount of flour that matches the amount of starter left in your jar, mix, then add a little water, and mix again until it is thick pancake batter consistency.** If you're not confident enough to do the no-measure method yet you can follow this table:

Sourdough starter	Flour	Water
If feeding ½ cup, Mix in:	½ cup	1/4 cup
If feeding 1 cup, Mix in:	1 cup	1/2 cup

How often do I feed sourdough starter?

- Sourdough that is kept on the counter is best fed daily.
- Sourdough that is kept in the fridge is best fed weekly.

Ask yourself, "Am I going to bake in the next two days?"

- Yes! Feed it and keep it on the kitchen counter at room temperature.
- No baking for now. Put it in the fridge for up to a week.

Note: when you feed sourdough it is best to leave it on the counter for a couple hours before putting it in the fridge, so it can "eat" before "sleeping".

What flours can I use in sourdough?

Any **unbleached grain** flour can be used. Most commonly used flours include:

- Unbleached all purpose flour
- Bread flour
- Whole wheat flour (can help boost sluggish starter)
- Rye flour (can help boost sluggish starter)

What NOT to use in sourdough:

- Water treated with chlorine/chloramine (these chemicals will kill your microbes)
- Bleached flour (it's stripped of nutrients sourdough needs and natural microbes that replenish your starter)
- Non-grain flours like coconut or almond flour (lacks nutrients needed to sustain sourdough)

What can I store my sourdough in?

Any nonmetal foodsafe container that has a lid or covering to keep fruit flies out but lets the starter breathe. Your jar needs to have room for your starter to double after feeds.

Note: The reason metal is not recommended is that the acidity of sourdough starter can break down metal, which can damage metal and impart a metallic taste to the dough.

Stainless steel has a non-reactive coating so it's alright for using as a mixing bowl for bread or other sourdough recipe, but is not recommended for long-term storage.