## HOMESTEAD

## stomaintai sources starter

A starter is a fermented mixture of flour and water, containing a colony of microorganisms including wild yeast and lactobacilli. Flour naturally contains a variety of yeasts and bacterial spores. When wheat flour comes into contact with water, the naturally occurring enzyme amylase breaks down the starch into the sugar's glucose and maltose, which sourdough's natural yeast can metabolize. With sufficient time, temperature, and refreshments with new or fresh dough, the mixture develops a stable culture. This culture will cause dough to rise if the gluten has been developed sufficiently. The bacteria ferments the starches that the yeast cannot metabolize, and the by-products, chiefly maltose, are metabolized by the yeast which produces carbon dioxide gas, leavening the dough.

A sourdough starter is a living breathing culture of microorganisms. It is very dependent on temperature, humidity, quality and quantity of water and flour, time, etc. You will get to know your culture as you work with it. Sourdough requires patients, observation and inquiry.



- 1. Place contents of bag into a bowl with 75g of lukewarm water (98°-105° F)
- 2. Tamp down until water covers chips
- 3. Stir chips occasionally, it will take about 2 hours to dissolve
- 4. Once the mixture is smooth, feed it with 75g of flour
- 5. Cover lightly and place it somewhere warm (85°-90° F)
- 6. Let starter sit for 24 hours, you should see bubbles begin

to form (this may take longer than 24 hours depending on various factors)

7. FEED STARTER AGAIN! Another 75g of lukewarm water and 75g of flour, allow to sit in warm place for another 24 hours

8.FEED IT AGAIN. The poor thing was hibernating!

Give it some time to come back to life! Another 75g of lukewarm water and 75g of flour, allow it to sit in a warm place for another 24 hours. You should begin to see lots of bubbles, it will grow and expand and then fall as it feeds on the flour. YAY! You have healthy, active micro-organisms.





1. Remove starter from freezer and place in fridge overnight until thawed The following morning, remove from the fridge and feed 75g of starter with 75g of lukewarm water (98°-105° F) 2Cover lightly and place it somewhere warm (85°-90° F).

2. Let starter sit for 24 hours, you should see bubbles begin to form (this may take longer than 24 hours depending on various factors)

3. FEED STARTER AGAIN! Another 75g of lukewarm water and 75g of flour, allow to sit in warm place for another 24 hours

4. YES, FEED STARTER AGAIN! The poor thing was hibernating! Give it some time to come back to life! Another 75g of lukewarm water and 75g of flour, allow it to sit in a warm place for another 24 hours.

5. You should begin to see lots of bubbles, it will grow and expand and then fall as it feeds on the flour. YAY! You have healthy, active micro-organisms.



To maintain a starter you must feed it frequently to provide the microorganisms a constant source of food.

1. Feed your starter equal parts flour and water. 1/3 starter + 1/3 water + 1/3 flour

2. You will need to determine how much starter your recipe needs and how much you want to keep perpetuating the starter. For example: My recipe needs
120 grams of starter, I want to keep 90 grams of starter I need a total of 210 grams.
210 divided by 3 = 70. I need 70 grams of starter, 70 grams of water and 70 grams of flour to get my required end weight.

3. You will want to use your starter in a recipe while it is at its peak strength, when the microorganisms are the most active. This is usually about 6-12 hours after a feeding.

4. A healthy starter left on the counter will need to be fed every day. It is easiest to maintain a healthy culture in the fridge, which will slow down the microorganism activity and only need to be fed weekly, whether you're going to use it or not.

5. If your starter is in the fridge, you will need to remove it, feed it and let the microorganis get strong and active again before either using the starter in a dough or putting it back in t fridge. If 6-12 hours after its feeding it is not strong, and bubbly, having doubled in size, give it another feeding and wait another 6-12 hours.

6. While the starter is at its peak, it will have doubled in size and be bubbly. This is the time you want to use it and/or put it back in the fridge.

7. Keep your starter in a container it can breath in. A glass jar with a shower cap or a piece of plastic with an elastic band is perfect! A completely sealed jar could explode!

It is important to use good flour. Unbleached is a must, organic is a bonus!

