

SOURDOUGH STARTER:

INGREDIENTS:

- 1 Tbs. of active dry yeast (or 1 packet). Do not use instant yeast!
- 1/2 cup sugar
- 3 Tbs. instant potato flakes (instant mashed potatoes)
- 1 cup warm water (like a warm bath)

TOOLS:

- 800ml or larger glass jar/container with a lid punctured with several holes

Prepare this starter today so that it has time to ferment long enough for the bread we're making next week. You can begin at any point in the day, however, to me, it makes the most sense to start in the morning.

RECIPE:

1. **Mix all the ingredients in the jar, cover with a lid* and leave on the counter for 24 hours.**
2. **After 24 hours place the starter in the fridge.**
3. **Leave it in the fridge for 5 days.**
4. **Feed it and leave on the counter for 24 hours.**
5. **Use some to make bread.**

*I use a standard metal mason/ball jar metal lid and put three or four holes in it with the pointy end of a bottle opener.

Just to be clear, here's a daily guide for the initial fermentation of your starter.

Day 1: Make starter + leave on counter 24 hours

Day 2: Place starter in the fridge

Day 3: Leave in fridge

Day 4: Leave in fridge

Day 5: Leave in fridge

Day 6: Leave in fridge

Day 7: Feed starter and leave on counter for 24 hours

Day 8: Make bread!

HOW TO FEED THE STARTER:

Add the following ingredients to the jar, stir and leave on the counter.

- 1/3 cup sugar
- 1/3 cup instant potato flakes
- 1 cup warm water

HOW OFTEN TO FEED THE STARTER:

The older your starter, the more flavor it will lend to the bread. To keep your starter yeasts alive and well you'll want to use these guidelines:

1. Feed the starter WITHIN every two weeks. Any time you feed it you must leave it out on the counter for 6 to 8 hours to ferment (every time I feed it, or make bread, I write it in my calendar).
2. When you feed it you can either make bread after the 6 to 8 hour fermentation or place it back in the fridge for another time.
3. If you want to make bread more often than twice per month, or more often than every two weeks rather, simply remove the starter from the fridge 6 to 8 hours before you need it. Feed it, wait the 6 to 8 hours, then use it to make bread.