

MAKING THE SOURDOUGH STARTER

Making the starter will take about 7 days at normal room temperature (around 20°C) but it may take a little longer if your kitchen is very cold.

You'll need:

10g flour
10g* filtered water

Day 1: Place the flour and water in a 2 litre Pyrex bowl, cover loosely with a clean tea towel and leave on kitchen counter 24 hours.

Day 2: Add another 10g flour + 10g filtered water, mix well, cover and leave on kitchen counter for 24 hours.

Day 3 - 6/7: Repeat as above, adding 10g flour + 10g filtered water each day.

Around day 6 there will be definite signs of life with bubbles appearing on the surface of the starter mix; this is the carbon dioxide produced by the microbes as they munch their way through the sugars in the flour.

When your mother starter is ready, it should look really lively and bubbly, if it doesn't then continue adding the flour + water and **make sure your kitchen isn't too cold!**

By day 7, you will have created 140g of lively, bubbly mother starter and you are ready to start making your sourdough loaves.

If you're not ready to bake straight away, cover and store the mother starter in the refrigerator until you're ready to start. The low temperature in the fridge will render the microbes dormant, so you'll need to 'refresh' the mother starter with fresh flour and water (as below), to enliven it before you bake.

When you are ready to bake, remove the mother starter from the refrigerator, take out the required quantity and return the rest to the fridge. You'll need to repeat this step each time you bake.

*** Although liquids are normally measured in millilitres, for traditional bakers, the convention is to use water weight so this is what I am using here.**

