

YOUR SOUR DOUGH



DAS **BROTHAUS**
MICROBAKERY YORK

PREPARE YOUR STARTER

1. Take a clean jar that has a lid and place it on your kitchen scale
2. Mix your sourdough starter with flour and lukewarm water in a ratio of 1:1:1 thoroughly (e.g. 40g of your old starter / 40g flour / 40g water)
3. Cover your mix with the lid and leave it at room temperature to rise.
4. Once it has just past its peak, it is ready to be used in your favourite recipe.



- At 20°-24°C it should take the starter something between 5-8hrs to reach its peak.
- If you would like to start baking in the morning, you can feed your starter at a 1:10:10 ratio, that will slow down the rising time to about 12 hours. As always, these times are a rough guide and depend heavily on the temperature of your kitchen and how lively the starter is.

REFRESH YOUR STARTER

1. Take a clean jar that has a lid and place it on your kitchen scale
2. Mix your sourdough starter with flour and lukewarm water in a ratio of 1:10:10 thoroughly (e.g. 5g of your old sourdough starter / 50g flour / 50g water)
3. Cover your mix with the lid and leave it at room temperature to rise.
4. Once it has started to rise significantly, pop your starter in the fridge.
5. If not using, refresh once a week.

- Optionally, you can leave your starter in the fridge for several months without feeding. You will find, that a strong-smelling black liquid will form on top of your starter. This is called a 'hooch' and is basically alcohol and water, a biproduct of the fermentation. You can just tip it out once you start using your starter again.
- If your starter has 'hibernated' in your fridge for a long time, it will need repeated feeds on consecutive days to become lively again. Just feed it at a 1:1:1 ration once a day for a few days.



HELPFUL TIPS

Mark the jar of your freshly mixed sourdough with a sharpie line or an elastic band at where your starter is at once mixed, so you can easily see how much it has risen.



The discard (the old sourdough starter that you don't need to make your new batch) can be used in all sorts of recipes (e.g. pancakes, cakes, yeasted breads etc.).

If your starter at any point has black mould through it all or is covered with a white 'furry' skin, it has grown mould and needs to be thrown out.

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