



sourdough starter

from scratch

DAY 1

To a clean jar, add:

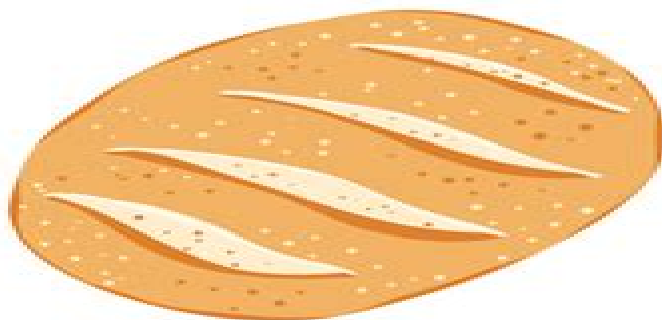
- 100g Whole Wheat Rye Flour
- 125g Filtered Water

Mix well. Cover jar loosely.

Let sit for 24 hours

DAY 4, 5, & 6

Follow steps from Days 2 & 3, except only letting sit for 12 hours before feeding again. Feed 2x a day.



DAY 2 & 3

To a clean jar, add:

- 75g of day 1 mixture
- 50g whole wheat rye flour
- 50 g bread flour
- 115 g filtered water.

Mix well. Cover jar loosely.

Let sit for 24 hours

DAY 7 AND ON...

Discard contents of jar down to 20g. Add:

- 30g whole wheat rye flour
- 70g bread flour
- 100g filtered water.

Continue to feed every 12 hours

Sour Dought Starter Recipe

Sebastian Brünink



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