

Mother Culture



Organic Long
Ferment
Sourdough Bread
How-To
and much more

BY: AMANDA SNYDER
MS HOLISTIC NUTRITION

@LIFEWITHTHESNYDERS

Caring for your Starter

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DEHYDRATED STARTER

Rehydrating your Starter

Glass Jar (I use a 32oz mason jar)

25g dehydrated Sourdough Starter

75g filtered water (room temp)

50g organic bread flour (or all purpose flour, unbleached)

Cotton Towel/ cheesecloth and rubberband

Instructions

- Add dehydrated starter and water to a glass jar
- Allow to sit for 5-10 minutes, then stir well
- If it is still clumpy, let sit again (10 minutes) then stir well
- Add 50 grams Organic Flour, Stir well again
- Your starter should be a thick batter consistency, you may see small bubbles forming, if you don't that's okay.
- Cover the starter with cotton towel, and allow to sit for about 12 hours.
- Repeat feeding every 12 hours until starter begins to rise and fall. (2x per day)
- Starter should be ready to bake with after 2 to 3 days of feeding, although depending on temp and climate may need a few more feeds. Colder temps make starter less active.



LIVE STARTER

Caring for your Starter

your jar of live starter comes with 150g live starter, it is ready to bake with. if you don't plan to bake that day, you can place in in the fridge for a few days and then start feeding.

Feeding your Starter (no discard)

- 150 g Jar of Sourdough Starter
- 150g Organic Bread Flour
- 150g Filtered Water
- *feed equal amounts of water/starter (if you baked immediately you may only have 10-50g starter left in your jar, so you need to add same amount in flour and water)
- Consistency should be like creamy peanut butter
- If consistency is too thin then add more flour, if it is too thick add more water

Keeping your Starter at Room Temp

- Feed Daily, In warmer months, or if you keep your house above 75* feed 2x/day
- Stir and let sit until next feeding
- Lid rests loosely on top, or cover with cotton towel and rubber band

Keeping your Starter in the Fridge

- Remove from Fridge 1x/week
- Allow Starter to Reach Room Temp
- Feed Starter, put back in fridge with lid on
- Repeat 1x/ week
- Starter may develop a gray/brown liquid, called the hooch, on top. You can pour it off, or just stir it in, it makes your starter more sour

Keeping your Starter in the Freezer

- Only keep your starter in the freezer, if you plan to not use it for a long period of time. Give starter a good feeding, then place in the freezer
- Only needs to be fed when you are ready to use it
- May take a few days of feeding 2x a day to liven back up

Caring for your Starter

LIVE STARTER

How to Feed...

- Add Flour of choice (organic bread or all purpose are recommended) and Filtered/Distilled Water to your starter, in the Beginning you will want to measure this, but eventually you will be able to tell by consistency if you have fed it correctly.
- Mix together using a wooden utensil or a clean metal fork.
- Let sit and watch the magic happen!
- Your starter should begin to rise within 2-6 hours. Cooler climates will take longer to rise. Also cooler water takes longer.
- In the warmer months a healthy starter will want to be fed 2x a day, in the cooler months 1x will suffice.
- Sometimes if you feed your starter late in the day it will rise overnight. You will notice lots of bubbles on top in the morning when this happens.
- Using a silicone spatula can help to keep the sides of the jar clean, when they get really messy I like to move my starter to a new jar.
- To move your starter to a new jar simple scoop starter out and put into new jar. Another mason jar works great so you can just move the lid over!



Caring for your Starter

Baking with your starter 1x per week

If you are someone who keeps your starter in the fridge only wants to feed their starter when they are ready to bake (1x a week or more) here is a method to make sure you never have too much starter.

- Place 30g of just fed starter in the fridge
- Remove starter from fridge the night before you want to bake and feed it (20g water, 20g flour) *You will now have 70g of starter
- In the morning feed starter again (this time feeding 50g flour and 50g water) *you will now have about 170g of starter in your jar
- Once your starter peaks (about 3 hours) you are ready to bake. Most recipes are for 2 loaves and use about 150g of starter. This means you would have 10g left in the jar which is perfect to feed 10g of flour and 10g of water and then place in the fridge. Start at the beginning, the next time you are ready to bake (within a week)

Your starter will smell sour (sometimes people say like acetone or nail polish) that is normal, it means that it is hungry so feed it. The only time to throw away your starter is if you see mold on it. I always keep a small amount of starter in the freezer/ or dehydrated in case mine develops mold, but honestly I have never had mold in 15+ years. If you get too much starter in your jar you can take some out this is called "Discard" and you can use it in so many yummy recipes, google is your friend (pancakes, banana bread, loaf cakes, tortillas, etc)

Caring for your Starter

Trouble Shooting your Starter

I'm feeding my starter but it won't rise...

A few things could be happening here:

*Your Starter is Overhungry

Maybe you missed a feeding, or it's been warm recently, your starter may smell like nail polish and or be more liquidy than creamy peanut butter.

Solution: Feed your stater a larger helping of flour, a 1:2:1 ratio may help, ex: 25g starter, 50g flour, 25g starter

Solution: Feed your starter 2x per day (approximately 12 hours apart) you should start to notice more activity after a couple of days

*Your Starter is too cold!

Have temperatures dropped? maybe the temperature of your water is lower than normal.

Solution: Warm your water before feeding (85* seems to be a nice temp when it's cold)

Solution: Put a warm sock, or wrap a towel around your starter jar to make some insulation

Solution: Keep your starter in a warmer spot, like in the oven, you can even turn the oven on here and there to keep in warm in there

My Starter has mold...

It's Time to Throw your Starter Away! Hopefully, you have a backup or a friend that can give you a scoop to get started, otherwise contact us and we can mail you one!

I have a lot of starter...

while this isn't necessarily a problem, but you may be wondering what to do with all the excess starter. Some fun recipes may be sourdough crackers, or, you can take some starter out of your jar and place it into the fridge as discard. You can use it for a Recipes, such as banana bread, pancakes, waffles, and so much more