



The Mavis Institute

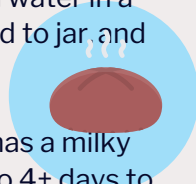
The crossroads between Nature & Technology.

Sourdough Starter

Sourdough Starter Feeding Schedule

Sourdough is naturally leavened bread, which means it doesn't use commercial yeast to rise. Instead, it uses a 'starter' – a fermented flour and water mixture that contains wild yeast and good bacteria – to rise. This also produces the tangy flavour and slightly chewy texture you'll find in sourdough. Wild yeast has more flavour than commercial yeast, and is natural in the sense that it doesn't contain any additives.

To make the starter, place the flour and lukewarm water in a bowl and stir together to make a sticky paste. Add to jar, and cover.



Your looking for the mixture to looks bubbly and has a milky smell, you can continue to 'feed'. (It may take up to 4+ days to reach this stage.)

To 'feed' the starter, stir 100g flour and 150g lukewarm water into the starter to make a soft, paste-like dough. Cover as before and leave for 24 hours. At this point the starter will look very active and bubbly. Stir well, then discard half of the starter. Stir another 100 g flour and 115g lukewarm water into the starter to make a soft, paste-like dough. Once the starter looks very bubbly and lively, it is ready to use. If it seems only slightly bubbly, give it another feeding. Follow the Feeding Schedule

Supplies



Glass Jar or Container



Unbleached Bread Flour



* Rye Flour



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