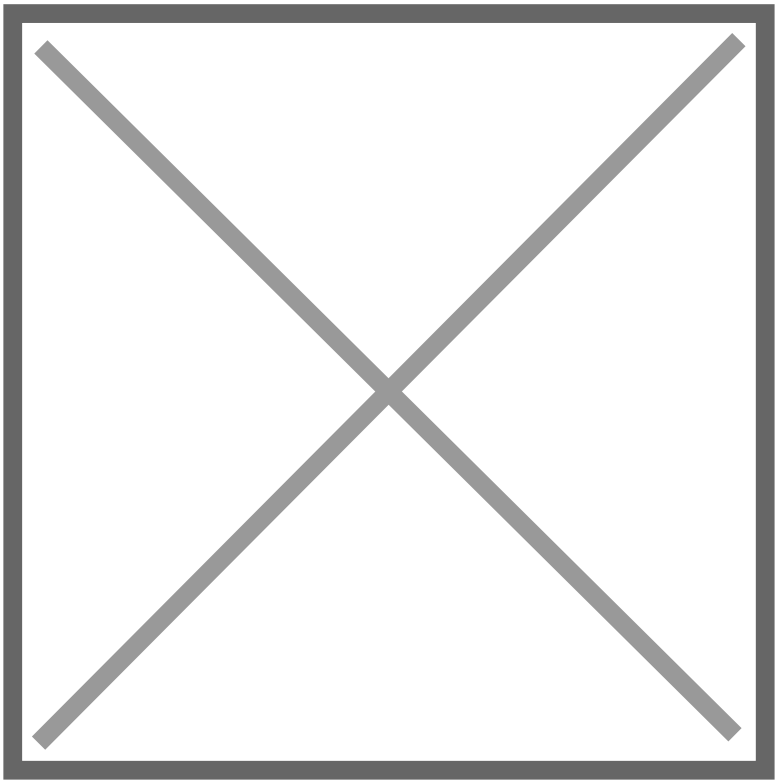
Sourdough starter

From: foodgeek.dk Video: https://www.youtube.com/watch?v=ZU2z8u7MErI

Prep	1:00



It is very simple to make your own sourdough starter. All you need is time and patience.

Ingredients

Starter:

- 100 g rye flour
- 150 g water

Daily feedings:

- 50 g sourdough starter
- 100 g rye flour
- 100 g water

Instructions

1. Start by putting 100 grams of rye flour and 150 grams of water in a glass container

2. Mix thoroughly so all the flour been hydrated
3. Put somewhere warm to the next day (in a window in the sun or near a heater)
4. Feed.
5. The follow this routine until you have an active sourdough starter. You know it is active when it grows to double size over four to eight hours after you've fed it

Daily feedings:

1. Mix the sourdough starter Measure 50 grams of sourdough starter in a fresh glass container
2. Add 100 grams of bread flour and 100 grams of water and mix thoroughly. Close the container. You can seal it if you want.
3. Store somewhere warm (about 25°C/77°F)
4. Repeat every day until your sourdough starter is bubbly and super active. Normally it takes six to seven days.

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