

make
your
own...

This dish created by:



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Sourdough starter

Ingredients

200g strong bread flour
200g water

Method

Day 1: To begin your starter, mix 50g flour with 50g tepid water in a jar or plastic container. Make sure all the flour is incorporated. Leave semi uncovered at room temperature for 24hrs.

Day 2: mix 50g flour with 50g tepid water and stir into yesterday's mix. Leave semi covered for another 24hrs.

Day 3: Repeat day 2 process.

Day 4: Repeat day 2 process.

Day 5: Your starter should now be very active with plenty of rise and fall activity after you feed it. It should start to smell like yogurt. Continue to feed until this happens.

Day 6: You can now make levain.