

How to make a Sour Dough Starter:

You will need:

- Kitchen scales
- Large jam jar with lid
- Plain flour
- Tepid Water
- Something to stir with (Chopsticks is a good option)

Day 1

50grams plain flour

50ml water

Mix together in the jam jar and place the lid lightly

Leave in a warm place (Window)

Day 2

50grams plain flour

50ml water

Add to the contents of the jam jar with lid– mix well

Leave in a warm place (Window)

Day 3

Discard half of the jam jar contents (you can even make American pancakes with it!)

50grams plain flour

50ml water

Mix together with the remaining contents of the jam jar with lid

Leave in a warm place (Window)

Day 4

Discard half of the jam jar contents

50grams plain flour

50ml water

Mix together with the remaining contents of the jam jar with lid

Leave in a warm place (Window)

Day 5

Discard half of the jam jar contents

50grams plain flour

50ml water

Mix together with the remaining contents of the jam jar with lid

Leave in a warm place (Window)

NOTE: Bubbles will appear during this process, maybe a brown liquid may appear so chuck the liquid away only.

Day 6

It should be ready to use now (do not discard today!)

100g plain flour

100ml of water

Mix thoroughly

This can now be used to make the bread. Leave in the fridge if you don't want to use it yet. Remember to feed it at least once a week or more if the brown liquid appears. (Even in the fridge)