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Start by combining the whole wheat flour, water, and malt in your clean jar. Now, let it sit out on the counter overnight! Next day, combine bread

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flour, honey (or barley malt), and water. Mix together and let it sit once again!

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Autolyse: In a large mixing bowl, stir

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together flours and water with your hands until well combined. Cover and set... Mix: Using your hands, add salt and starter to your dough and mix until well combined. Continue to work the dough by... Bulk fermentation: This process will take 4 to 6 hours. ...

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Mix together flour and water and let sit (autolyse). Early on the second day, weigh 700 grams of white bread flour and 300 grams of whole-wheat or whole-grain rye or spelt flour (or a blend) in a...

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Cooking

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Sourdough Starter is often referred to
as wild yeast, made from flour, water
and the wild yeast in the air around us.

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Creating a sourdough starter is actually very easy and involves combining flour and water together

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and letting it sit until it ferments. This mixture is fed fresh flour and water over a period of time to create a strong culture of yeast and bacteria that can make your bread rise. This means commercial yeast is not needed in sourdough bread.

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Though we recommend maintaining your sourdough starter at a hydration level of 100%, you can technically maintain your sourdough starter at other levels depending on the baked good you want to make. Different

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Recipes may suggest different hydration levels because it will ultimately impact your final sourdough baked good.

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