

Part 1: Cultivating Your Living Starter

Starting your starter

DAY 1: THE INOCULATION

Weigh 50g Organic Wholegrain Flour + 50g Warm Water into a clean jar. Stir vigorously for 30 seconds to inject oxygen. Cover loosely. Leave on the counter for 24 hours. Have a smell as the first step in getting to know your starter. I encourage people to name their starter!

DAY 2: THE ECOSYSTEM SWITCH

Discard starter down until you have exactly 50g of mixture left in your jar. (put discard into a separate jar which will become your discard jar for making cakes, crumpets, crackers, etc) Add 50g Warm Water + 50g Stoates Stoneground White Bread Flour. Stir thoroughly, cover loosely, leave for 24 hours. Have another smell. How has it changed?

DAYS 3 to 5: THE DAILY FEED

Every 24 hours at the same time, repeat Day 2: Keep 50g starter + add 50g water + add 50g Stoates white flour (add discard to your discard jar). Smell. Is it beginning to smell a bit vinegary?

DAY 6: THE TWICE-DAILY SUPERCHARGE

Switch to feeding your starter every 12 hours (Morning and Night).

Morning feed: Discard down to 50g starter. Add 100g Warm water + 100g Stoates Stone ground White Bread flour = total jar weight 250g.

Evening feed: Discard down to 50g starter. Add 100g Warm water + 100g Stoates Stone ground White Bread flour = total jar weight 250g.

This gives you 210g active starter for baking plus 40g to keep in your Weck jar and place in your fridge for feeding for future bakes. Smelling stronger now?

DAY 7: THE FLOAT TEST

6 hours after your morning feed, drop a teaspoon of starter into a glass of room-temperature water. If it floats perfectly like an ice cube, it is officially active and ready to bake. If it doesn't float place the jar in a large bowl of warm water and cover with a tea towel for half an hour and test again.