

Sourdough Activation Instructions

This amazing starter traces its roots back to the San Francisco gold rush (allegedly) and has been living and mingling with the Palazzos' environment for the past several years.

Activation Instructions

What you need:

- A clean jar or bowl.
- Clean, lukewarm water. If you have a water filter or source of pure water use this.
- Organic all-purpose flour.

Day One

Mix 1/2 cup lukewarm water and your package of starter powder in a bowl for 2 min, then add 1/2 cup plus 2 tablespoons all-purpose flour. We want a thick paste like consistency, so add more flour if needed to get it. Cover bowl with cling wrap or parchment paper. Put it in a semi-warm place, i.e. the oven with the light on, below an undercabinet light, etc.

Day Two

Just stir and re-cover with cling wrap or parchment and return it to its semi-warm place.

You want a thicker starter. For the remaining days slowly mix in the water second, and only stir in enough to end up with a fully hydrated but thick consistency. It should be much more like a paste than a soup!

Day Three

There might be bubbles now, and maybe even a bit of a sour smell. Stir in a 1/2 cup of all-purpose flour and up to 1/2 cup pure lukewarm water, stirring thoroughly. Cover and return it to its semi-warm place.

Day Four

Add 1/2 cup flour and up to 1/2 cup water. Return it to its semi-warm place.

Day Five

Discard half of your starter into another jar, cover the discard jar and put it in the fridge. You will use this for your discard pancakes or thousands of other recipes. Add 1 cup flour to the live starter and (up to) 1 cup pure water and return it to its semi-warm location.

Remember to keep it thick! It should be at least a bit hard to stir.

Sourdough Activation Instructions

Day Six

Add a half cup of flour, (up to) half cup of water, stir, back to its semi-warm location.

Day Seven

Discard, feed, and at this point you probably have a fully active starter. How can you tell?

- Bubbles
- When you discard then feed it, it doubles in size over the next 6-8 hours.

After it doubles (or triples) it will gradually shrink again.

You want to add your starter to your bread dough process at or near its peak.

Maintaining your Sourdough Starter

You will need to maintain your starter daily by discarding and feeding it. If you are going to be gone or you need to take a break put your live starter in the fridge and that will retard its growth/activity. If you need to get it really rolling again just use a modified version of the original activation process.

If you bake a lot you or use a lot of discard you will feed it more. Discard then feed it daily, at around the same time.

If you bake infrequently, keep in the fridge, also covered with parchment. Then a couple days before you bake, pull it from the fridge and get it active again. Once it is doubling in about 8 hours is fully active again.