



Sourdough Care and Feeding

My sourdough starter came from a time when my family was living aboard a sailboat in 2001-2005. A fellow sailor that we met in Honduras gave me the starter with the claim that this starter had traveled the world. I brought it back to Colorado and have been using it ever since. I am pleased to share it and have the legacy continue.

~ Karen Massey – www.lifeintheboat.com

The following sourdough instructions come from my decades of sourdough baking. Use it as a starting point, then experiment on your own. Sourdough is as much of an art as it is a science, so go wild with it! Established sourdough starters can be used and passed down through the generations. Use it to add a complex, rich flavor to your recipes and leaven your baked products.

Adding Sourdough to Recipes

This starter is about 50% flour and 50% water. Consider adding your starter to any recipe that also uses flour and water by substituting starter for a proportional amount of the flour and water in your recipe. Use trial and error to refine your new sourdough recipe. Once you have your new recipe dialed in...share it with me at lifeintheboat.com.

Caring for your starter:

- Established sourdough starter can be kept in the refrigerator and fed weekly.
- Over time, a gray liquid will form above the starter. This "hooch" is an alcohol byproduct of the yeast that is continuing to ferment. This can be either stirred in or drained off.
- For once a week feedings – bring starter to room temperature, feed with equal parts flour and non-chlorinated water, refrigerate after 2 or more hours. If you are using chlorinated tap water, let the water sit for several hours which will allow the chlorine to dissipate. Chlorine will inhibit the growth of vital wild yeasts in sourdough starter.
- Sourdough ferments well at 76 degrees F. Colder and warmer temperatures will cause the starter to ferment slower or faster.
- A well-established starter can be stored in the refrigerator for several months without feeding, but it might take several days to revive it.

Reviving your Starter

After prolonged refrigeration, your starter will need to be revived.

- Bring the starter to room temperature
- Place ½ cup of the starter in a glass or ceramic bowl
- Feed the starter with ¼ cup of non-chlorinated water and ½ cup all-purpose flour to revive it
- Stir with a wooden spoon or plastic spatula. Avoid metal utensils and containers because the metal will react with the high acidity of the sourdough.
- Continue to feed your starter daily, although this advice varies and some recommend twice a day. You'll know that your starter is growing when you see a vigorous, bubbling surface.
- Remember to save 1 cup of starter back in the refrigerator. The remaining starter can be used in recipes (search for "sourdough discard recipes" for ideas) , given to friends or heaven forbid...thrown out.

Resources:

- <https://www.kingarthurfLOUR.com/recipes/sourdough-starter-recipe>
- <https://www.culturesforhealth.com/learn/sourdough/how-to-obtain-sourdough-starter/>