

Sourdough Starter Feeding Guide



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DAY 1

STARTER: 0g
FLOUR: 100g whole wheat flour
WATER: 150g filtered, room temperature water

Mix well, leave for 24 hours

DAY 3

STARTER: 70g **(from Day 2)**
FLOUR: 50g whole wheat flour, 50g unbleached, all purpose flour
WATER: 110g filtered, room temperature water

Mix well, leave for 24 hours

DAY 5

STARTER: 70g **(from Day 4)**
FLOUR: 35g whole wheat flour, 35g unbleached, all purpose flour
WATER: 70g filtered, room temperature water

Mix well, leave for 24 hours

DAY 2

STARTER: 70g **(from Day 1)**
FLOUR: 50g whole wheat flour, 50g unbleached, all purpose flour
WATER: 110g filtered, room temperature water

Mix well, leave for 24 hours

DAY 4

STARTER: 70g **(from Day 3)**
FLOUR: 50g whole wheat flour, 50g unbleached, all purpose flour
WATER: 110g filtered, room temperature water

Mix well, leave for 24 hours

DAY 6 (AND ONWARD)

STARTER: 60g* **(from Day 5)**
FLOUR: 30g whole wheat flour, 30g unbleached, all purpose flour
WATER: 60g filtered, room temperature water

Mix well, leave for 12-24 hours

**To have more starter for a larger recipe, feed your starter at a 1:1:1 ratio of mature starter, flour, and water at higher a higher quantity.*