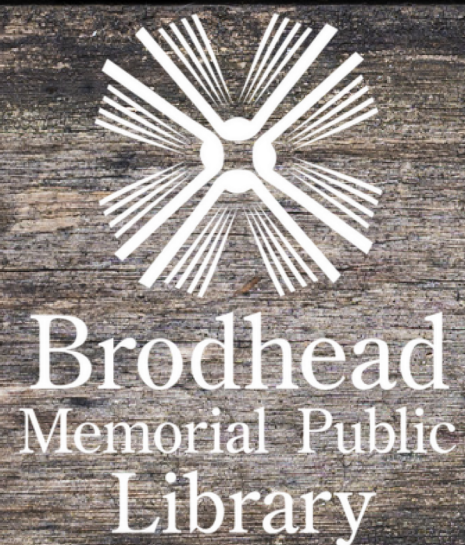


Welcome to Beginner Sourdough Class



What is sourdough bread?

Sourdough is naturally leavened bread, which means it doesn't use commercial yeast to rise. Instead, it uses a 'starter' – a fermented flour and water mixture that contains wild yeast and good bacteria – to rise. This also produces the tangy flavor and slightly chewy texture you'll find in sourdough. Wild yeast has more flavor than commercial yeast, and is natural in the sense that it doesn't contain any additives.



How can I use sourdough?

- Dips, spreads & toppings: Sourdough has a crunchier crust, and the texture & structure make it stronger. Pile your slice high with yummy ingredients!
- Bread bowl: Thanks to the durable structure, a sourdough loaf is a perfect option for a homemade bread bowl.
- Sandwiches: Sourdough can function just like your normal sandwich bread. Breakfast sandwiches, sandwich melts, club sandwiches- you name it!
- Use it as a topper: Cut it up into cubes and make homemade croutons, or place it on top of your French Onion soup.

Ran out of ideas? Sourdough also freezes great!

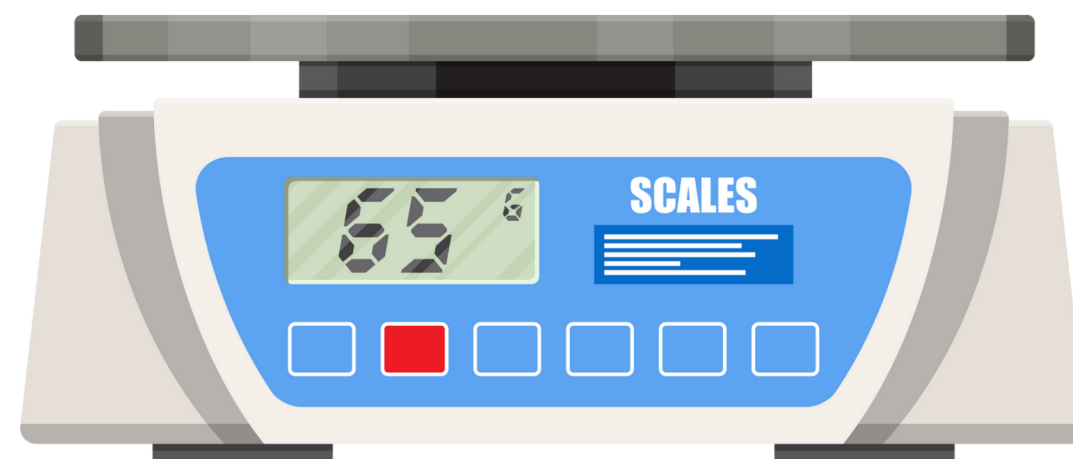


“Weight” A Minute

Why grams?

Baking by weight is more accurate than baking with measuring cups. This is because measuring cups can vary in volume, leading to inconsistent results. A kitchen scale, on the other hand, provides a precise measurement of ingredients every time.

That being said, everyone makes sourdough differently. You can still make great sourdough using whatever measuring tools you are comfortable with or have access to.



Water: 25g is approx. $\frac{1}{8}$ cup

Flour: 25g is approx. $\frac{1}{4}$ cup

Let's get your starter going!



What now?

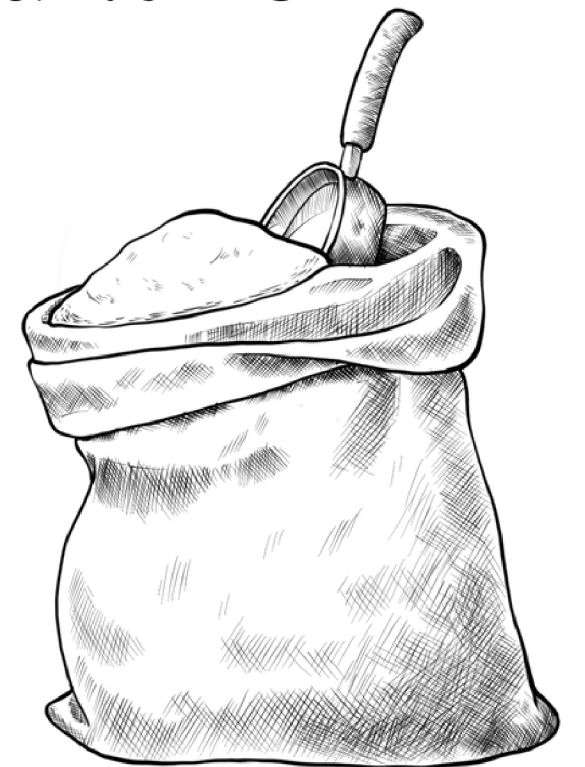
Day 2: Check for bubbles.

Day 3: Remove & discard about half. Add 25g all-purpose flour and 25g warm water (1:1:1 ratio). Mix and return to warm area for 24 hours.

Day 4, 5 & 6: Repeat the same process from Day 3. As your starter begins to develop, you will notice it rising and bubbles forming on the surface and throughout the culture.

Day 7–14+: Your starter may have doubled in size at this point. Your starter is ready and active if it meets all these conditions:

- Plenty of bubbles
- Spongy texture
- Pleasant smell



Starter FAQ's

- Why do you start with whole wheat flour, and then switch to all-purpose (or another kind) of flour?
- Does it matter the type of flour I use?
- Do I need to stick with one type of flour?
- What is the purpose of discarding?
- What do I do if I miss a feeding?
- I need to switch my normal feeding time. How do I do that?



Time to Bake

Baking a loaf of sourdough bread is a labor of love just as much as caring for your starter was. If it doesn't turn out perfect the first time—just keep at it! Like anything, it takes time to master.

- Make the Dough
- Bulk Rise
- Stretch & Fold (Optional)
- Cut & Shape the Dough
- Second Rise
- Score the Dough
- Bake the Dough

