



Acts of Sourdough

Starting the Starter

keeping sourdough simple,
a guide for the new year

ACTS OF SOURDOUGH





Week One - getting your sourdough starter

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Week Two - **Rehydrating your starter**



Step by step rehydrating your dehydrated starter.

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Week Three -
**First bake with
your new starter**

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Week Four -
**Feeding and maintaining
your sourdough starter**

+ five favorite discard recipes

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Let's start with the basics..

What is sourdough starter?

Sourdough Starter is the leavening agent to sourdough bread. Every good loaf of bread begins with a strong and healthy sourdough starter.

“Simply put: a sourdough starter is a live fermented culture of fresh flour and water. Once combined, the culture will begin to ferment and cultivate the natural yeasts found in our environment. A small portion is added to your bread dough to make it rise. Commercial yeast IS NOT required.”

Week One - *Starting your Starter*

Here are a few ways that you can secure, or make, your sourdough starter..



ONE

Purchasing a dehydrated sourdough starter -
In this guide we will be going through rehydrating the starter step by step. You can purchase 25 grams of my dehydrated sourdough through the link in my website and follow along with the detailed step by step instructions and be ready to bake your first sourdough loaf in just 5 days!

THREE

Getting sourdough starter from a bakery -
A lot of people don't think of this, but you can get sourdough starter from your local bakery. If you don't have a friend with a starter, head to your local bakery with a jar, and they are happy to share starter with you! Sourdough starter regenerates and multiplies, and you don't need a lot to start out, so this is a good option.

TWO

Getting starter from a friend -

I've gifted sourdough to my friends many times! If you have a friend with a sourdough starter, bring a mason jar over and ask if you can take some with you.

FOUR

Starting sourdough starter from scratch -

This is how I started my starter, there are so many YouTube videos and articles to help you start. I researched a ton before beginning and essentially it is just mixing together equal parts water and flour, discarding and feeding every day until the starter is consistently bubbling. This option takes the longest time. It took me 3 -4 weeks to establish my sourdough starter this way. But if you commit, it is a very satisfying adventure!

Week Two – *Rehydrating your sourdough starter*



If you purchased my sourdough starter, these are the detailed steps you walk through to rehydrate and activate your new starter.

YOU WILL NEED:

dehydrated sourdough starter
clean (preferably wide mouth) jar
kitchen scale
spatula
unbleached all-purpose flour
filtered water

Packaged is 25 grams of active but sleeping sourdough starter. The kitchen scale is my most used and loved tool when it comes to making bread, but I have converted some measurements to make it a bit easier for you to start!

Day 1- Mix 25g of dehydrated starter with 100g (1/2 cup) of water and let it sit on your counter for one hour. Add 80g (1/2 cup) unbleached all-purpose flour and mix well. Let sit for 24 hours.

Day 2- Separate 25g of starter and discard the rest. Add 100g of water + 100g of flour and mix well. (I always add a bit more flour to achieve a thick batter consistency). Let sit for 24 hours.

Repeat steps for Day 2 on Days 3 and 4, always starting with 25g of your starter, and discarding the rest before adding fresh water and flour.

Day 5- you should see more bubbly activity, and your starter should be doubled in size. When it has doubled you are ready to bake a loaf of bread!

Live step by step rehydration instructions can be found highlighted on my Instagram:
[@ACTSOFSOURDOUGH](#)

Week Three - *Baking with your sourdough starter!*



Your first bake - you did it!

It's the beginning of week three and we're ready to bake some bread! By now you should have a bubbly and active starter. From here on out it's important to remember that every great loaf of sourdough bread begins with a strong starter.

My sourdough bakers schedule -

In the morning, (9 am) feed your starter. If you're using my rehydration steps, you would feed your 25 grams of starter 100 grams of water and 100 grams of flour.

Cover your jar and leave your starter on the counter to rise.

In the afternoon, (5-6pm) assemble your dough and let rest.

(6-7pm) - first stretch and fold.

(7-8pm) - second stretch and fold/ coil fold

(8-9pm) - third stretch and fold/ coil fold

(9-10) fourth and final stretch and fold. Cover and let rest overnight.

The next morning, (8am) - shape your dough.

Lastly, you can either cover your dough in the banneton and let it rest one hour, then bake right away, OR you can place your dough into the banneton, cover with plastic wrap and place it in the fridge until you are ready to bake.

Bake in the morning if you want bread for lunch or bake in the afternoon if you want bread for dinner.

Beginner Sourdough Loaf

INGREDIENTS

- 100 grams active starter
- 700 grams filtered water
- 1,000 grams unbleached all-purpose flour
- 18 grams salt

METHOD

1. In the evening: whisk together water and bubbly sourdough starter. Add flour and salt, mix until the flour is well incorporated. The dough will be sticky and shaggy. Let rest for 45 minutes – 1 hour. After resting, shape the dough into a fairly smooth ball by pulling the sides towards the middle until the dough begins to tighten, about 30 seconds.
2. Bulk rise: let your dough rest on the counter for 8-12 hours. During the bulk rise you can perform 1-4 stretch and folds anywhere from 15 minutes to 1 hour in between.
3. The next morning: Transfer dough onto a lightly floured work surface. Divide dough into 2 equal parts and shape into rounds. Flip over your dough and with floured hands pull towards you in circular motions to tighten its shape. Place seam-side up into your proofing basket and cover with a tea towel.
4. Let rest for 1 hour or place in your fridge for up to 3 days. Before baking, place your Dutch oven into the oven and preheat to 450 degrees. Once preheated, transfer loaf onto parchment paper, score, and place into the Dutch oven with the lid on. Bake for 23 minutes. Remove the Dutch oven lid and bake for an additional 23 minutes. Let rest for one hour before slicing.
5. Serve with butter and honey, or as a yummy grilled cheese.





Week Four -

Feeding and maintaining your sourdough starter

Feeding Ratios + My Sourdough Rhythm.

What are "feeding ratios?"

A feeding ratio includes the amount of flour and water that you feed your sourdough starter. A 1:1:1 feeding ratio means you are feeding sourdough starter equal parts water and flour. *Example* - 10 grams of starter + 10 grams of flour + 10 grams of water.

The larger the feed, the stronger the starter, but the longer it will take to reach its peak. I have found that a 1:3:3 feeding ratio (1 part sourdough starter: 3 parts flour: 3 parts water) works best with my sourdough rhythm.

This is what a typical morning may look like when I want to make bread.

Depending on how much starter I have, I will take a clean jar and transfer 50 grams into the jar and transfer what is leftover into my discard jar in the fridge. I will feed the fresh starter 150 grams of flour and 150 grams of water until it is fully combined and resembles a thick pancake batter. I will close the lid but not all the way so the starter can breathe and leave it on the counter so it can ferment and reach its peak.

I find this ratio works the best for my rhythm because it gives me 100 grams of bubbly starter to make bread with, plus leaves me with discard that I can use for my favorite discard recipes *shown at the end*. It also reaches its peak perfectly for my schedule. The more food you feed your starter, the longer it will take to peak. If I feed my starter at 10 am, I can expect to put together my dough at 6pm (8 hours later). But you will find a rhythm that works best for you!

TIP: you do not always have to take the scale out to feed your starter. If I feed my starter a 1:3:3 without weighing my ingredients it will look like - 1/2 cup of starter + 1 1/2 cups of flour + 1 1/2 cups of water.

STARTER TROUBLESHOOTING

1

TEMPERATURE MATTERS

Ever heard of a “sluggish” starter? It could be a change in weather, this mostly happens in the winter when it’s cold, because colder temperatures result in slower fermentation. The best way to remedy this is to warm your starter up. I don’t ever recommend storing your starter in the oven because accidents happen, but a good way to add warmth is to wrap it in a dish towel and place it in a cabinet, or the back of the pantry.

2

FEEDING RATIOS

Feeding ratios are way less complicated than people think. The feeding ratio I use most is a 1:3:3. Which means 1 part starter + 3 parts flour + 3 parts water. Example - 50g starter + 150g flour + 150g water. Or, 1/3 cup starter + 1 cup flour + 1 cup water *more details on the next page*.

3

ACTIVE VS. DISCARD SOURDOUGH STARTER

Active sourdough starter is starter that has been fed, and had a chance to ferment and double in size, giving it the ability to leaven a loaf of bread without the use of commercial yeast. Discard is inactive, unfed sourdough starter that cannot make bread rise without the help of commercial yeast, but is still a fermented culture and can be used in many other recipes like pancakes, muffins, and scones *see recipes*.

4

HOOCH

Hooch is the liquid that can pool up at the top of your starter, usually a dark gray color. A lot of people think that hooch means your starter is dead, which isn’t true. Hooch is the sign of a healthy, but very hungry, sourdough starter. You can stir in the liquid before feeding again, or you can dump the hooch and feed as normal.

5

STORING STARTER IN THE FRIDGE

There was a point in time I had a jar of sourdough starter stored in the fridge for 5+ months. There was a layer of hooch on top but all it took was 2 feedings and it was back to normal. Now I always have a jar of sourdough discard in my fridge that I’m constantly adding to, as well as consistently using for discard recipes.

Sourdough Q&A

Q: “Can I use sourdough discard straight from the fridge?”

A: Yes! Sourdough discard is inactive starter that can be used in many recipes. It’s best to store discard in the fridge so it doesn’t mold. Just make sure the lid of your jar is locked.

Q: I fed my starter, it rose but then fell. Now what?

A: That’s the life cycle of a starter! Feed, rise, bake bread (or leave it and discard), fall, feed again, repeat.

Q: How much do you feed your starter on baking day?

A: It depends on your schedule, but 1:3:3 works best for me. Keep in mind that the larger the feed, the longer it will take to peak. I feed 50g of starter, 150 grams water and 150 grams of flour. It takes between 6-8 hours to peak (depending on the temperature of my home), gives me 100 grams of active starter for my bread recipe and leaves me with starter to use for discard recipes.

Q: What is the purpose of discarding?

A: Discarding keeps your starter healthy and ensures that you don’t end up swimming in starter. If you feed your starter the minimum (1:1:1) without ever discarding, it will just keep doubling until eventually you have gallons of it. And remember, the more starter you have, the more food it needs.

Sourdough discard



*5 of my most popular
sourdough discard recipes*



Honey Whole Wheat Sandwich Bread

RECIPE

1. Combine $\frac{3}{4}$ cup of warm water, sugar or honey, and yeast together. Let sit and bubble/foam for about 5 minutes. In a stand mixer, on low speed, add flour and salt to the yeast mixture. Slowly add second $\frac{3}{4}$ cup warm water, honey and sourdough discard to the stand mixer. Add the cubed softened butter and mix on a low speed for 10 minutes. (You don't need a stand mixer for this, I have kneaded this dough by hand many times and it works just fine). Knead until a smooth ball forms.
2. Transfer the dough into a greased bowl and let rest for 2 hours, or until it has doubled in size. After resting, punch the air out of the dough to release the gas and transfer onto a clean surface. The dough should not be sticky so extra flour isn't necessary. Cut the dough into two equal parts, and shape into two oval loaves by tucking the ends towards the middle, rolling into a log and tucking the ends together pinching the seams shut. Place the loaves into two greased bread pans, cover and let rest for an additional hour or until it has doubled in size.
3. Preheat the oven to 390 degrees and bake for 27-30 minutes. Let cool slightly then transfer onto a cooling rack, brush with melted butter and honey to make the crust deliciously sticky and sweet.
4. TIP: I usually keep one on the counter to eat for lunch and freeze the other. This bread freezes beautifully. I wrap it in cling wrap or place it into a gallon freezer bag and when I want to use it or know we're going to have it for lunch the next day, I'll take it out of the freezer the night before and it's ready to go by morning.

INGREDIENT

- 1/2 cup sourdough discard
- 2 tsp active yeast
- 3/4 cup warm water, twice
- 1 tsp sugar/ honey
- 3 1/2 cups all-purpose flour
- 1 cup whole wheat flour
- 1/4 cup honey
- 1 tsp salt
- 2 TBS softened butter

INGREDIENT

- 1 cup whole milk
- ½ cup sourdough discard
- 1 cup all-purpose flour
- 1 tsp baking soda
- 1 tsp baking powder
- ½ tsp salt
- ⅓ cup sugar
- 2 eggs
- 2 TBS melted butter
- 2 TBS melted coconut oil
- ½ tsp vanilla

Sourdough Discard Little Bites

RECIPE

1. Melt butter and coconut oil together and let cool.
2. Whisk milk, sourdough discard, eggs, butter, oil, sugar, and vanilla together in a large mixing bowl until fully combined. Add flour, baking soda, baking powder, and salt. Mix together until the batter is smooth.
3. Cover and let the batter rest for 10 minutes.
4. Preheat oven to 350 degrees. Grease a silicone mini muffin pan (this recipe makes 48 little bites) and spoon in batter.
5. Do not overfill each space. Top with chocolate chips or frozen blueberries. I chopped my chocolate chips even smaller to more resemble little bites, and used frozen wild blueberries. I also find it's better to sprinkle the chocolate chips on top rather than mix it into the batter because the chips will sink to the bottom.
6. Bake for 13-15 minutes.
7. Store them in the counter in an airtight container for 3-4 days.





Bagels

INGREDIENTS

- 3 $\frac{3}{4}$ cup all-purpose flour
- 2 TBS sugar
- 1 tsp salt
- 2 $\frac{1}{4}$ tsp active yeast
- 1 cup sourdough discard
- 1 cup warm water
- 1 egg for egg wash
- cinnamon sugar topping
- everything bagel seasoning topping

RECIPE

1. In a stand mixer add flour, yeast, sugar, and salt. Mix to combine.
2. Add sourdough discard to warm water and stir, on low speed. Add water + discard to the flour mixture. Increase to medium speed and knead dough for 4-5 minutes.
3. This is a fairly sturdy dough so add more water if needed, 1 tablespoon at a time.
4. Transfer dough to greased bowl, cover with plastic wrap and let sit on counter to rise for 90 minutes – 2 hours. Or until doubled in size.
5. On a lightly floured surface, transfer dough and separate into 8 equal pieces. Roll into individual dough balls, press finger into middle and form your bagel shapes.
6. Preheat oven to 425 degrees and line baking sheet with parchment paper. Boil large pot of water and when boiling add 1 TBS of baking soda + 1 TBS of sugar or boiling water. Place bagels in and let boil on each side for 30 to 60 seconds.
7. Remove bagels and let cool.
8. Top bagels with egg wash and toppings of your choice. (I did mozzarella cheese, everything bagel seasoning and cinnamon sugar).
9. Bake at 425 degrees for 25 minutes. Let cool before cutting, and enjoy!



SOURDOUGH PANCAKES

INGREDIENT

- 1 cup sourdough discard
- 1 cup milk
- 1 cup all-purpose flour
- 1 egg
- 1 tsp baking soda
- 2 TBS sugar
- ½ tsp salt
- splash vanilla extract
- 3 TBS butter

RECIPE

1. Preheat a cast iron skillet over medium high heat.
2. In a large mixing bowl, whisk together your sourdough discard, milk, egg, flour, sugar and baking soda until combined. The baking soda will make the batter really fluffy. I recommend letting it rest for 5-10 minutes before scooping into your skillet.
3. Melt one tablespoon of butter at a time with each batch of pancakes. Pour 1/4 cup of batter into the skillet, cook on one side until the top is bubbly, about 5 minutes.
4. Flip the pancakes over and cook for an additional 2-3 minutes until fully cooked.
5. Transfer pancakes to a separate plate, melt one tablespoon of butter and repeat until all the batter is gone.
6. Drizzle with maple syrup and enjoy!



BANANA MUFFINS

INGREDIENTS

- 3-4 very ripe bananas
- ½ cup sourdough discard
- 1 cup all-purpose flour
- ½ cup whole-wheat flour
- ½ tsp salt
- ¼ tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- ¾ cup brown sugar
- ⅔ cup melted coconut oil
- 2 eggs
- 1 tsp vanilla

RECIPE

1. In a medium bowl, mix together flour, salt, baking soda, baking powder and set aside.
2. In a large bowl, mash bananas, add brown sugar, eggs, coconut oil, vanilla and whisk together. Add sourdough discard until there are no white streaks.
3. Add dry ingredients all at once into the wet mixture and fold in gently. Let the batter rest for 15 minutes.
4. Preheat oven to 375 degrees. Add 1/4 cup of batter into your muffin tins and bake for 20-25 minutes.

REMINDER REMINDER



If you were the first one in your family to learn sourdough, you just created something that can be passed down to generations. You started the starter.

-Acts of Sourdough

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SOURDOUGH
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				



Starting the Starter

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