

How to Make the Starter

Day 1:

Mix 60 grams rye flour + 60 grams filtered room-temperature water in a jar. Stir well, cover loosely, and leave at room temperature.

Days 2–7 (until active):

Discard half and feed daily with:

- 60g flour
- 60g water

Your starter is ready when it becomes bubbly, doubles in size, and smells slightly tangy.

How to Store Your Starter

Once active, store it in the refrigerator and feed it once per week.

How to Wake Up Refrigerated Starter (for baking)

Remove from refrigerator.

Feed in the morning (flour + water).

Feed again at night.

Next day — if it rises and peaks, it's ready to use.

If not fully active, feed once more and use when bubbly and doubled.

For my sourdough bread recipe you will need 350 grams of active starter.

This simple process gives you a powerful natural yeast you can use for sourdough bread, pizza dough, pancakes, and more.