



Leavain (Sourdough) Starter

<u>U.S.</u>		<u>Metric</u>
4 1/2 cups	Whole Wheat Flour	500 g
4 cups	All Purpose Flour	500 g
1 quart	Water	1 L

Preparation:

Day 1:

1. Gather all ingredients and equipment.
2. In a medium-sized bowl, mix 1/2 cup (62 g) of each of the flours. Add ~2/3 cup of water (125 mL) of room temperature water and mix with your hand until fully integrated
3. Cover with a towel and leave at room temp for 24 hours.

Day 2:

1. Pour off excess liquid from your starter. Add 1/2 cup (62 g) of each of the flours to the starter and 1/3 cup (75 mL) of water.
2. Stir until incorporated.

Day 3:

1. Repeat day 2

Day 4:

1. Repeat day 3

Day 5:

1. Repeat day 4

Day 6:

1. Let it ride. No mixes today. Mix any remaining flour to save as food for your starter.

Day 7:

1. Starter will be funky and loose. Pour off nearly all of starter, which is mostly excess water and feed it with food and water. It will be at least 6 hours until you are ready to bake.

Day 8 & Beyond:

1. Feed and care for your starter