

SOURDOUGH STARTER

MAKING KIT



Fermenting
Instructions

Plus Tips for Best Results



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PART ONE

ACTIVATING YOUR STARTER

Your sourdough starter will arrive in a dried state. If you're not planning to make your starter right away, store it in the refrigerator until ready. The first step in making sourdough is activating your starter. Once activated, your sourdough starter is alive, and you'll need to feed it every day!

SANITATION

Thoroughly clean equipment with warm water and a small amount of vinegar or soap before first use.

DIRECTIONS

- 1 Empty the entire packet of starter into your jar. Add 4 tablespoons (or 75ml) of filtered water and 4 tablespoons (or 75g) of flour to the jar. Stir the mixture well to combine. Expect your sourdough starter to have a consistency similar to pancake batter, with a small amount of lumps remaining in the mixture.

Pop on over to the back cover to see a complete list of ingredients

- 2** Cover the jar with the cloth cover and rubber band, add the adhesive thermometer to the jar, and store in a warm place (70-85°F), out of direct sunlight with plenty of air flow (no closets or cupboard) for 12-24 hours.
- 3** After 12-24 hours, add in another 4 tablespoons of flour and 4 tablespoons of water and stir well to combine. Cover again and let it sit for an additional 12-24 hours.
- 4** Over the next 12-24 hours, you should start to see bubbles and activity to indicate fermentation, and your starter should grow in size. These are signs that your sourdough starter is activated and ready for use!



PART TWO:

FEEDING YOUR STARTER



Once the starter is active, you will need to make sure you feed it every day, or every week, depending on where you choose to store it. Before choosing where to store your starter, you'll need to determine how often you'll be baking or cooking with it, which will help determine how much of it you'd like to continue maintaining.

If you're planning on baking casually, the included 32oz jar will be perfect for you. You'll just need to use or discard some of your starter before feeding it, so that it doesn't outgrow your jar. You can store your starter in the refrigerator after about 1 week of feeding it to start. After you move it to the refrigerator, you can feed your starter once a week, discarding or using half of the starter each time.

If you're planning on baking frequently, you might want to continue growing your starter so that you have more of it available. If this is the case, you're going to outgrow the included 32oz jar, and you'll want to transfer the starter to a larger container to continue growing it. Continue storing your starter out on the counter and feeding daily.

FEEDING DIRECTIONS

A GENERAL RULE FOR FEEDING YOUR STARTER IS TO FEED WITH EQUAL WEIGHTS OF FLOUR AND WATER.

The amount you feed your starter should depend on how much of it you are starting with. Ideally, you'd want to double the amount of starter each time you feed it, but if you already have a few cups of starter on hand, this usually doesn't make sense. In this case, dispose of (or use to make pancakes, waffles, or so much more) about half of your starter, before feeding it.

- 1** Once your starter is activated, you will have a little over a cup of starter in your jar. Use or discard about a $\frac{1}{2}$ cup of starter.
- 2** Add $\frac{1}{4}$ cup of flour and a $\frac{1}{4}$ cup of water to your starter and stir well to combine. Add the cover and rubber band back to the top of the jar, and store until the next feeding.
- 3** The best time to bake with your starter is a few hours after feeding it, when it is most active.
- 4** Repeat this process either daily or weekly, depending on if you choose to store your starter on the counter or in the refrigerator.





IDEAS FOR USING DISCARDED SOURDOUGH STARTER

There are so many great uses for your sourdough starter discard instead of throwing it away, and there are so many great recipes and videos available to help now! Use your discarded starter to make waffles, pancakes, pizza dough, or pretzels. Try making banana bread, cinnamon rolls, cookies, or brownies. The possibilities are endless, and you'll be surprised at how delicious some of your favorite recipes are with the addition of your very own sourdough starter!

For more inspiration and ideas
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INGREDIENTS



32 oz Jar

Sourdough Starter
Culture

Cloth Cover and
Rubber Band

Adhesive Thermometer

YOU WILL NEED:

All-Purpose Flour

Filtered Water

Stirring Utensil



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