



Sourdough Feeding Cheat Sheet

You can't really mess up the feedings... the goal is equal parts by weight of water to flour. If you don't have a food scale to start, use 3 Tbsp water and 4 Tbsp flour for the 30:30 feeding... and if you can't feed it twice in a day, do a bigger feeding once a day. Every baker has his/her own method and rhythm, so no two bakers on the internet or in books do it the same way. So play around with it and find your own rhythm.

If you are baking more than once a week

Leave your starter on the counter covered with a tea towel, coffee filter, or paper towel secured with a rubber band. Feed it every morning AND evening by stirring in:

- 30 grams of flour (Use all-purpose flour)
- 30 grams water

If you are baking once a week or less....

Feed your starter by stirring in...

- 60 grams flour
- 60 grams water

Stick it in the fridge with the lid on.

Feed weekly (or monthly)... I like to pull mine out of the fridge, take the lid off, and let it sit with a towel over it till it gets bubbly...discard 1/2, feed, and stick it back in the fridge... but if you don't have time to deal with it just feed it and stick it back in the fridge.

If you are pulling it out of the fridge to bake...

Take it out of the fridge and feed it...

- 30 grams flour
- 30 grams of water

Place a towel or filter over it and let it sit for 6-8 hours... if it's nice and bubbly, you can make a recipe... but it might need an additional feed or two before it's ready to be used.

Additional Tips:

Every third day, discard 1/2 of the starter. Discarding is essential for the acidity levels to be right.

What to do with the discard? Make a discard recipe from the book or Google one, gift it to a friend, make a loaf of bread (if your starter is bubbly)... dump it

When you make a recipe, you might use up quite a bit of the starter... but as long as you have some residual in the jar (about 1/4 cup), you'll have enough to start feeding & create more starter.

If it gets grey water on top, that's hooch (alcohol). It means your starter is HUNGRY... you can stir the hooch in or pour it off. Then, give it a 60-gram feed. Also, if it smells like gym socks or fingernail polish remover, it's not bad. It's just off balance. Pour out the starter except 1/4 cup & start feeding again.