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## Sourdough Making: From Starter to Finish

# Let's Bake Bread Together!

In Celebration of Herb Day on May 2, 2020, let's come together as a community and bake bread together.

### Ingredients you need for your starter:

Whole Wheat Flour (preferable), Filtered Water, Mason Jar with a Cover, Wooden Spoon (Optional)

#### Day 1

Put the following ingredients into a jar: 30 grams (2 tablespoons) whole-grain organic flour, 30 grams (2 tablespoons) room temperature filtered water (or warmer, up to 95 degrees °F, if you can measure it).

#### DAY 2

Repeat Steps from Day 1, not discarding anything yet.

#### DAY 3

Step 1: Add 30 grams (2 tablespoons) FLOUR, 15 grams (1 tablespoon) room temp, or up to 95 °F WATER.

#### DAY 4

Step 1: Add 90 grams (6 tablespoons) FLOUR, 45 grams (3 tablespoons) 95-degree °F water (to amplify and jumpstart fermentation and carbon dioxide bubbles).

#### DAY 5

If your starter is bubbling and active, you are ready to bake! If not, continue for a few more days, repeating day 3 and using 95-degree °F water and making sure the mason jar is in a warm enough space in your kitchen.



Webinar presenter and ACHS Professor Anisa Kassim pictured with sourdough starter and bread.

