

SOURDOUGH STARTER

DAY 1 Combine 100 g organic whole wheat flour, 100 g bread flour and 200 g lukewarm water in a straight-sided 2-quart container, add 5-6 unwashed organic grapes, cover with kitchen towel, and let it rest for 24 hours in a warm, draft-free place. The grapes will help fermentation, and eventually they will disintegrate.

DAY 2

Feeding 1 Stir 100 g bread flour and 100 g lukewarm water into 100 g of yesterday's culture. Cover and let it rest for 24 hours in a warm, draft free place. Discard the leftover culture.

DAY 3

Feeding 1 Stir 100 g bread flour and 100 g lukewarm water into 100 g of yesterday's culture. Cover and let it rest for 12 hours in a warm, draft free place. Discard the leftover culture.

Feeding 2 Stir 100 g bread flour and 100 g lukewarm water into 100 g of yesterday's culture. Cover and let it rest for 12 hours in a warm, draft free place. Discard the leftover culture.

DAY 4

Feeding 1 Stir 100 g bread flour and 100 g lukewarm water into 100 g of yesterday's culture. Cover and let it rest for 12 hours in a warm, draft free place. Discard the leftover culture.

Feeding 2 Stir 100 g bread flour and 100 g lukewarm water into 100 g of yesterday's culture. Cover and let it rest for 12 hours in a warm, draft free place. Discard the leftover culture.

DAY 5

Feeding 1 Stir 100 g bread flour and 100 g lukewarm water into 100 g of yesterday's culture. Cover and let it rest for 12 hours in a warm, draft free place. Discard the leftover culture.

Feeding 2 Stir 100 g bread flour and 100 g lukewarm water into 100 g of yesterday's culture. Cover and let it rest for 12 hours in a warm, draft free place. Discard the leftover culture.

DAY 6

Feeding 1 Stir 100 g bread flour and 100 g lukewarm water into 100 g of yesterday's culture. Cover and let it rest for 6-8 hours in a warm, draft free place. Discard the leftover culture.

Evaluate the culture: If the culture has doubled in volume during the previous 6-8 hours, if it has a nutty and pleasantly sour flavor, if it has a bubbly surface with some little cracks, then it is ready to raise bread. If it hasn't risen enough, feed it again according to the schedule and continue to evaluate for signs of readiness. **DON'T BE DISCOURAGED, SOURDOUGH IS A JOURNEY.**

