

RYE SOURDOUGH STARTER

DAY 1 Combine 200 g rye flour, and 250 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 rye flour and 125 g lukewarm water into 50 g of yesterday's culture. Cover and let it rest for 8 hours in a warm, draft free place. Discard the leftover culture.

Feeding 2 Stir 100 g rye flour and 125 g lukewarm water into 25 g of yesterday's culture. Cover and let it rest for 16 hours in a warm, draft free place. Discard the leftover culture.

DAY 3

Feeding 1 Stir 100 g rye flour and 125 g lukewarm water into 50 g of yesterday's culture. Cover and let it rest for 8 hours in a warm, draft free place. Discard the leftover culture.

Feeding 2 Stir 100 g rye flour and 125 g lukewarm water into 25 g of yesterday's culture. Cover and let it rest for 16 hours in a warm, draft free place. Discard the leftover culture.

DAY 4

Feeding 1 Stir 100 g rye flour and 125 g lukewarm water into 50 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 consistently bubbly structure, 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.**