



Whole Wheat Sourdough STARTER CULTURE INSTRUCTIONS



You can make delicious sourdough bread!

Total time: 3-7 days ★ **Active time:** 5 minutes every 12-24 hours

**YOU
CAN DO
THIS**

Making and maintaining a sourdough starter at home is easy and rewarding. Although it needs to be fed regularly, sourdough is one of the more forgiving cultures. It's the perfect starter for your culturing adventure.

Activating the Starter

1 Add packet of starter to 1 tablespoon whole wheat flour and 1 tablespoon of room temperature water in a quart-size glass jar and **stir** thoroughly. **Cover** the jar with a coffee filter or breathable material secured with a rubber band and **culture** in a warm place for 12-24 hours.

2 After 12-24 hours, **feed** the starter with an additional 2 tablespoons of flour and 2 tablespoons water. **Stir** vigorously. *Your starter should have the consistency of pancake batter, and you may need to add more flour or water.*

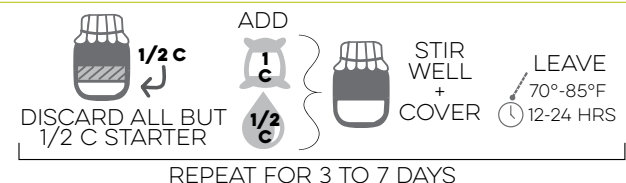
3 After 12-24 hours, **feed** the starter with an additional ¼ cup of flour and ¼ cup water. **Stir** vigorously.

4 After another 12-24 hours, **feed** the starter with an additional ½ cup of flour and ½ cup water. **Stir** vigorously.

5 After 12-24 hours, **discard** down to ½ cup starter and then **feed** the starter with ½ cup water and 1 cup flour. **Repeat** for 3-7 days, until the starter has the consistency of pancake batter and is bubbling regularly within a few hours of feeding. *Go to our website for ways to use discarded starter!*

What You'll Need

- 1 packet dehydrated sourdough culture (in this box)
- 💧 Water free of chlorine and fluoride (bottled spring water)
- 🍷 Whole wheat flour (not freshly ground)
- 🫙 Quart-size glass jar or similar container
- 🧺 Coffee filter or breathable material
- 🌀 Rubber band
- 🥄 Non-aluminum mixing utensil (stainless steel is OK)



What's next? Keep your starter fed and healthy, bake with it, plus troubleshooting tips. →

Instructions for Maintaining your Sourdough Starter

On your counter (frequent bakers)

Feed your starter once every 12-24 hours using **1 part starter, 1 part water, and 1-2 parts flour.**

We suggest discarding down to ¼ or ½ cup starter to keep your feedings smaller and your starter manageable.



In your fridge (weekly/monthly bakers)

In colder temperatures, your starter goes into hibernation, and you don't need to feed it as often.

Feed it every 5 to 7 days just like you would keeping it on your counter.



USING YOUR STARTER

To build up starter for a recipe, feed according to the ratio above—just don't discard as you go. It's ready to bake with 4 hours after the last feeding. Reserve at least ¼ cup to continue maintaining.

Be sure to plan ahead when baking with a refrigerated starter, as it needs to come to room temperature and be fed 2-3 times according to the countertop instructions before use.

FROM THE FRIDGE

Recipe: Sourdough Cinnamon Buns

Cinnamon raisin buns are a traditional holiday breakfast treat in many families. These sourdough buns can't be beat, and when spread with cream cheese, they make a great lunchbox snack.

Total time: 9-10 hours ★ **Active time:** 20-30 minutes

INGREDIENTS

- ➔ 2 cups whole wheat sourdough starter
- ➔ 1 cup water, room temp.
- ➔ ¼ cup honey
- ➔ 2 tsp. salt
- ➔ 1 cup white flour
- ➔ 2 tsp. cinnamon
- ➔ 1 cup raisins
- ➔ ½ cup chopped walnuts
- ➔ 3-4 cups whole wheat or spelt flour

INSTRUCTIONS

1. In a large bowl, **combine** the starter and water. **Stir** in the honey, salt, white flour, and cinnamon. **Fold** in the raisins and walnuts.
2. **Stir** in about 2 cups whole wheat flour until the dough is too thick to mix by hand; **turn it out** onto a floured smooth surface and **knead**, adding additional flour as needed, until dough is elastic, about 10 minutes.
3. **Place** the dough in a buttered glass or plastic container. **Cover** and let **rise** in a warm place until doubled in size (2-8 hours). You can also refrigerate the dough for up to 24 hours at this point.
4. When the dough has doubled, **punch** it down and **divide** it into sixteen pieces. **Shape** each piece into a ball. **Grease** 2 baking sheets and **place** 8 balls on each; **cover** with a cotton towel, and let **rise** until doubled in size, 30-45 minutes, or longer if the dough was refrigerated.
5. **Bake** at 400°F for 20 minutes, until golden brown. **Cool** on a wire rack.

Questions? We can help!

- Q** *Why is there a thin layer of liquid on my starter?*
- A** It's a sign that your starter is hungry. As long as the liquid smells pleasant, it's fine. If the liquid has a strong vinegary or alcoholic aroma, the starter should be fed more frequently. Pour the liquid off or stir it back in before feeding.
- Q** *What can I do if my starter isn't bubbly?*
- A** Bubbling should be visible within 4-12 hours of feeding. Feed your starter more often and check the temperature.

LET US HELP

If your starter isn't performing as expected, don't throw it away! Put a tight lid on your culture, store it in the fridge, and contact customer support at www.culturesforhealth.com

- Q** *My starter smells weird. Is that normal?*
- A** Fermented foods have a sour but clean aroma and flavor. Never consume anything that smells or tastes unpleasant.
- Q** *It's hot/cold outside. Where can I find a 70°-85° spot to culture my starter?*
- A** Get creative! If it's too cold, keep your starter on top of a warm appliance or in the oven with the light on. If it's too hot, try a low cabinet or pantry. Test your new spot first.

We have dozens of recipes, how-to videos, and articles for beginners and sourdough pros on our website, www.culturesforhealth.com

WANT MORE?