

Sourdough Starter Quick Reference Guide

How to Make a Sourdough Starter - Quick Reference Guide

7-Day Sourdough Starter Plan:

Day 1:

Mix 60g whole wheat flour + 60g water in a clean jar.

Cover loosely and let sit at room temperature for 24 hours.

Day 2:

Stir your starter once or twice. No feeding today.

Day 3:

Discard half. Feed with 60g flour + 60g water. Mix and mark level.

Day 4:

Repeat discard and feeding. Switch to all-purpose flour if desired.

Day 5:

Expect consistent rise. Continue 1x daily feed or move to 2x if very active.

Day 6:

Feed every 12 hours if doubling within 6 hours. Very bubbly by now.

Day 7:

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Final feed. After 4-6 hours, perform the float test. Starter is ready.

Feeding Ratio:

1:1:1 (Starter : Flour : Water) by weight

Storage Tips:

- Room Temp: Feed daily
- Fridge: Feed weekly; let sit at room temp 1-2 hours before chilling
- Freeze: Freeze discard in small batches for future use

Signs It's Ready:

- Doubles in 4-6 hours
- Full of bubbles
- Tangy smell
- Passes float test

What to Do with Discard:

- Use in pancakes, muffins, pizza dough, crackers
- Store in fridge for up to 1 week
- Freeze for long-term use

More guidance: <https://www.sourdoughcravings.com/sourdough-starter-fundamentals/>