



# Rye Sourdough Starter

This starter takes one week to develop and then will last in perpetuity.

## You will need:

Container 1ltr with lid (a kilner jar is a perfect shape, however, do not lock the jar as carbon dioxide is produced during fermentation and needs to escape. If the container you choose is too wide, during the initial stages the starter may be liable to spread too thinly and inhibit fermentation)

Scales (digital preferably)

325g Organic Wholemeal Rye Flour

325g Water

**Day 1** Weigh 25g Organic Wholemeal Rye Flour  
25g Water

In your container, mix the flour and water together so that there are no dry bits, cover with the lid and leave in warm place (21C-25C), a warm part of your kitchen should be fine or your hot press.

The wild yeasts and bacteria on the flour will then begin to ferment the flour and after a couple of days you should notice a slight sour smell and taste and also some air holes.

**Day 2** Leave

**Day 3** You are now going to refresh your starter by adding more flour and water to your juvenile starter. As the fermentation process has begun, this addition will ferment more quickly.

Add 50g Organic Wholemeal Rye Flour  
50g Water

Mix the flour and water together so that there are no dry bits, cover with lid. Leave in warm place (21C-25C).

**Day 4** As you build up the beneficial bacteria and wild yeasts, you do so by keeping 1/3 starter and refreshing it with 1/3 flour and 1/3 water. To prevent from being over-run with and having too much excess starter you discard some.

Compost 100g of starter keeping 50g  
Add 50g Organic Wholemeal Rye Flour  
50g Water

Mix the flour and water together so that there are no dry bits, cover with lid. Leave in warm place (21C-25C).

**Day 5**

Compost 100g of starter keeping 50g

Add 50g Organic Wholemeal Rye Flour

50g Water

Mix the flour and water together so that there are no dry bits, cover with lid. Leave in warm place (21C-25C)

**Day 6**

You are now going to build up enough starter so that you can make your bread tomorrow.

Add 150g Organic Wholemeal Flour

150g Water

Mix the flour and water together so that there are no dry bits, cover with lid. Leave in warm place (21C-25C).

**Day 7**

Make the 'Common Loaf'.

The recipe for the 'Common Loaf' uses 300g starter.

Whenever you make the 'Common Loaf', you will use 300g of starter and the remaining 150g should be stored in your fridge for your next bake.

**Next time**

12hrs before bake

Repeat from Day 6