**Sourdough Starter (with yeast)**

* Put 25 g of fresh yeast or 1 tbsp of dried yeast with 200ml of tepid water
* Put 500 g white bread flour and mixed yeast water into a large bowl (the mixture will bubble and rise quite a bit).
* Slowly add in a further 400 ml of tepid water. Mix well to make a thick, smooth batter. Cover bowl with a clean tea towel
* Keep mixture at a coolish room temperature out of direct sunlight for 3-5 days. The mixture is ready to use when it begins to froth and has a pleasant sour aroma.

**Whole Wheat Sourdough Starter (without yeast)**

Day 1 - Mix 50 g whole wheat flour and 50 g warm water together. Cover and put somewhere warm (airing cupboard, on a heated floor, sunny place) for 24 hours.

Day 2 - Add 50 g whole wheat flour and 50 g warm water to the Day 1. Mix. Cover and put somewhere warm.

Day 3 - Add 50 g whole wheat flour and 50 g warm water to the Day 2. Mix. Cover and put somewhere warm.

Day 4 - Add 50 g whole wheat flour and 50 g warm water to the Day 3. Mix. Cover and put somewhere warm.

Voila. You have a viable whole wheat starter.

**Replenishing & Refreshing a Starter**

If a recipe uses 300ml, for example, you need to replace the amount with about the same of flour and water (so approx 125-150 g flour, and 150 ml water). Mix replacements into remaining starter and leave to ferment for 24 hours. Then return starter to fridge until needed again.

Some recipes and some starters recommend “feeding” the starter a day or two before the bread is to be baked to make sure the starter is active. One simply adds a bit of flour and water to the starter that has been sitting in the fridge for a week or two and whips it up. This allows the yeast to be the most active when it is used in a recipe.

Once a sourdough starter is established, it can be kept indefinitely if stored and used correctly. It can even be frozen if it won’t be used for quite awhile.

\* “River Cottage Handbook No. 3 - Bread” by Daniel Stevens, 2009

\* “Breadmaking – Self-Sufficiency” by Kathryn Hawkins, 2012

\* http://www.virtuousbread.com/bread-and-conversation/making-sourdough-starters/