



## JERNEJ KITCHEN

# SOURDOUGH STARTER

*Bread has always been probably one of my biggest challenges and pleasures at the same time.*

MAKES 1 JARS

### DAY 1

75 g whole wheat flour

75 ml cold water

### DAY 2

30 g whole wheat flour

30 ml cold water

### DAY 3

g whole wheat flour

30 ml cold water

### DAY 4

30 g whole wheat flour

30 ml cold water

### DAY 5

30 g whole wheat flour

30 ml cold water

### TOOLS AND EQUIPEMENT

glass jar  
wooden spoon  
linen cloth  
elastic band

Sponsored

### DAY 1

In a glass jar combine flour and water, using a wooden spoon. Mix well. Cover the jar loosely, using a cloth and let the mixture stand overnight at room temperature.

### TIP

[You probably won't see nothing happen in the first 24 hours.](#)

### DAY 2

In a glass jar combine the flour and water, using a wooden spoon. Mix well. Cover the jar loosely, using a cloth and let the mixture stand overnight at a room temperature.

### DAY 3

Repeat the process from the day before. There should be some activity. Bubbles, some expansion and a sour aroma.

### DAY 4

Repeat the process from the day before.

### DAY 5

Repeat the process from the day before.

### NOTES

After Day 5 the sourdough starter is already full of air bubbles. We can now begin to bake bread. If you don't feel like baking bread, store the starter in the refrigerator for up to 14 days, then add the same amount of flour and water as Day 1, so that it stays alive. Two days before you are going to bake bread, throw away 90% of sourdough starter, add 75g flour and 75g water, mix well, seal and let stand overnight at room temperature. The next day, add 75g flour and 75g water, mix well, seal and refrigerate overnight. Now your starter is ready to use.