

Sourdough Starter Checklist

Gluten Free with Jenna

- 1. Pick your flour:** brown rice, buckwheat, or sorghum.
- 2. Gather supplies:** scale, 2 clean glass jars, scoop, narrow spatula, flour, water, thermometer, coffee filters, and rubber bands.
- 3.** Place a jar on the scale. Weigh the jar, write down its weight, and tare the scale. Add 60 ml (60 g) of water. The water amount is the same for each different kind of flour.
- 4.** Place a bowl on the scale and measure out either 40 g buckwheat, 50 g sorghum, or 60 g brown rice. Remember to zero out your scale so you are only measuring the water or flour. Keep it in a spot that is 70°–80° and out of direct sunlight. Cover with a coffee filter and rubber band [to hold it on].
- 5.** The next day, try to do this at approximately the same time. Place the jar of starter on the scale, subtract the weight of the jar, and take half of the remaining amount as discard. Place the discard in another clean jar. Cover with a lid or plastic wrap and place it in the fridge. I recommend using the discard within two weeks. Check out my sourdough discard recipes on my website: glutenfreewithjenna.com.
- 6.** After you have discarded, feed again with the same amount for your chosen flour: 40 g buckwheat, 50 g sorghum, or 60 g brown rice, plus 60 ml (60 g) water. Stir and cover.
- 7.** Repeat this process daily for 6 more days.
- 8.** By day 7, the starter should have lots of bubbles and a good sour smell. If it is pink or smells rotten, you will need to start over. Put it into the trash, not down the drain. Keep feeding until day 14.
- 9.** You have reached day 14. Put a piece of tape on the jar. Make sure the starter is rising and falling after being fed. You can make sourdough bread now!

Notes

- Weigh the jar before starting so you know how much starter to take out.
- Water can be tap water or from a reliable source. It needs to be warm: 70°–75°.