

# Sourdough Starter Table

DAY	DATE	TIME	STEP
1	0 hours		<b>1. CREATING THE STARTER</b> <b>1 tbsp flour, 1 tbsp water</b> Put the flour and water into a bowl, mix to a paste, cover loosely, leave in a warm place for 12 hours.
	12 hours		<b>2. FIRST FEED</b> <b>1 TBSP FLOUR, 1 TBSP WATER</b> Add the flour and water to the starter, stir to mix, cover loosely, leave in a warm place for 12 hours.
2	24 hours		<b>3. SECOND FEED</b> <b>1 TBSP FLOUR, 1 TBSP WATER</b> Repeat step 2.
	36 hours		<b>4. THIRD FEED</b> <b>1 TBSP FLOUR, 1 TBSP WATER</b> Repeat step 2.
3	48 hours		<b>5. FOURTH FEED</b> <b>2 TBSP FLOUR, 2 TBSP WATER</b> This feed is slightly larger to boost the starter. Add the flour and water, stir, cover loosely and leave in a warm place for 12 hours.
	60 hours		<b>6. FIFTH FEED</b> <b>2 TBSP FLOUR, 2 TBSP WATER</b> Repeat the larger flour and water feed, cover loosely and leave in a warm place for 12 hours. When bubbly proceed to make your ferment.
4 <sup>+</sup>	72 hours+		<b>7. KEEPING THE STARTER</b> <b>FLOUR, WATER</b> Feed starter regularly with flour and water (quantities as per first feed), more frequently if warm, less often if cool.