

# BASIC SOURDOUGH

## INGREDIENTS

- 1 C flour
- 1 cup filtered or purified water (at room temperature)

## DIRECTIONS

1. In a large mixing bowl, mix together the flour and water until well combined and no lumps remain.
2. Cover the bowl loosely with a cloth or plastic wrap, and place it in a warm, draft-free area, such as a kitchen counter or cupboard.
3. Allow the mixture to sit at room temperature for 24 hours.
4. After 24 hours, discard half of the mixture and add 1/2 cup each of flour and water to the remaining mixture. Stir until well combined.
5. Repeat this feeding process (discarding half and adding equal parts flour and water) every 24 hours for approximately 7-10 days, or until the mixture becomes bubbly and has a tangy, sour aroma.
6. At this point, your sourdough starter is ready to use. If you're not ready to use it yet, you can store it in the refrigerator, where it will keep for several weeks. Before using, bring it back to room temperature and feed it again (discard half and add equal parts flour and water) to revive it.