

## Sour Dough Starter

1 CUP FLOUR (White Lily Bread Flour)  
1 CUP FILTERED WATER  
GLASS BOWL (metal can react with yeasts)  
WOODEN SPOON  
TEA TOWL

**Day 1:** Mix flour and water well making sure to incorporate all flour. Place tea towel over bowl. Starter must sit 24 hours.

**Day 2:** discard half of mixture and repeat day one instructions.

**Day 3-5:** Repeat Day 2 instructions for days three, four and five.

**Day 6-7:** On days six and seven, do the same but feed it every 12 hours, instead of every 24.

By day seven, there should be enough beneficial bacteria and yeast present to bake sourdough bread and other fermented sourdough breads, like pancakes and cinnamon rolls. It is working if it bubbles, and doubles in size.

Once sourdough starter is alive and active, it will have to be fed to keep it going as long as you like, even years!

Storing it in the refrigerator slows down the fermentation process, and only one feeding per week, or every other week, will keep it active.

If you leave starter out on counter at room temperature, you must add flour and water every day. You will also have to bake every day to use up that much starter.