

Old World Sourdough And Gluten Free Baking

www.oldworldsourdough.com
<https://oldworldsourdough.etsy.com>

Feeding and Maintenance

Active Starter:

This starter was fed before shipment. Prior to baking you will need to feed a minimum of one time. It may take two or three feedings to become active depending on shipping time and temperatures. Feed every 24 hours until it rises at least 75%.

I feed a 1:2:2 ratio. Meaning equal grams of starter, water and flour. The initial feeding should be 25 g starter, 50 g water and 50 g flour. Unless you are attempting to bulk up the amount of starter you have, discard amounts over 25 g on subsequent feedings. There may be times you want to change the feeding ratio, there is a blog on the website that addresses this. I only use filtered water and organic unbleached flours.

Dehydrated Starter: Rehydration Instructions

Feeding 1: Add 30 grams of warm filtered water to 15 grams of starter. Stir and let sit for 10-15 minutes until the starter is dissolved. Add 15 grams of flour. Stir vigorously. Let ferment in warm environment for 12 hours.

Feeding 2, 3 & 4: Add 25 grams of starter, 50 grams of warm (or room temp) filtered water and 50 grams of flour. Stir vigorously. Let ferment in warm environment for 24 hours. The Starter should peak at a 75% - 100% rise after the third or fourth feeding and be ready to begin baking.

Feeding Schedule

After the initial feedings above, the starter should be fed the evening prior to baking and set out at room temperature to ferment. The starter can be refrigerated between feedings. Feed more frequently if the starter is not as active as you would like.

What to Feed - Below is what they are currently fed. You may change flours and/or ratios to suit your taste.

San Francisco: 50% Organic all-purpose flour, 25% Rye Flour, 25% Wheat Flour.

Classic Gluten Free: 100% Unbleached Gluten Free Flour. 50% Brown Rice Flour, 50% White Rice Flour

Teff Gluten Free: 100% Teff Flour

Discard: I never Discard!! Save the discard that you won't be using right away in the refrigerator. You can keep adding it to a jar until you are ready to bake with it. Discard can be kept in the refrigerator for weeks. Just stir it occasionally.

Please reach out with any questions you may have.

Download Sourdough 101 from the website for more information and recipes.
Check out the Etsy Store for Gluten Free Baking and Bread flour blends
as well as sourdough mixes for pancakes, waffles, scones and more!

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Old World Sourdough Website



Sourdough 101 and Instructions