

FERMENT YOUR SOURDOUGH STARTER

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To make it easier to visualize the timing of these steps throughout the day, I've added sample times for each step. Note that they are approximate times, and serve only as a guide! (GO TO WEBSITE IF YOU WANT TO READ THE APPROXIMATE TIMES.)

The first step is to ferment your starter to bring it up to full strength.

Don't have a starter yet? You'll need a week or so to make one (or you can get some discard from a friend who bakes in order to start your own). Head to our [Sourdough Starter Recipe](#) to see how it's done.

Update: If you stored your starter in the refrigerator for a week without feeding, take the sourdough starter out of the refrigerator the night before assembling the dough, and feed it with equal parts (25g) of water and flour. This gives the starter the time to warm up and activate overnight, and will improve your bread's rise and drastically reduce the time it needs to get going the next morning.

Take the starter out of the refrigerator, and stir in 60g lukewarm water and 60g of bread flour or whole wheat flour until well-combined. (For reference, I usually keep about 70g of starter as a baseline.)

Cover it back up, and let it sit at room temperature for 4 hours, or until it doubles in size and just starts to fall again. This means it is at maximum strength. If your starter does not double in size, then you may need more time and another feeding before it is ready to use.