

SOURDOUGH STARTER

Sourdough baking is an art as much as it is a science. It may seem like a big commitment at the beginning, but once you get the hang of things, it should only take 5-10 minutes a day of your attention. A sourdough starter is also a very resilient thing. If you forget to feed it one day or feed it several hours after it needed a refreshment, don't worry, just get back on schedule and it will almost always spring back. The starter can also be used to make pancakes and even muffins.

INGREDIENTS:

- Rye flour
- All-purpose flour
- Water

METHOD:

DAY 1

1. In a 1-litre jar, combine 100g of rye flour with 150ML of water. Mix well. Make sure that there is no dry flour anywhere in the jar.
2. Cover loosely and let it sit in a warm spot for 24 hours. Do not place the jar under direct sunlight.

DAY 2

1. You may or may not see bubbling action in the starter. It doesn't matter either way.
2. Take out 100g of the starter mixture and discard the rest.
3. Next, feed the starter with 50g rye flour, 50g all-purpose flour and 125ML of water.
4. Mix well, ensuring again that there is no dry flour anywhere.
5. Cover loosely and let it rest for 24 hours.

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RECIPES
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DAY 3

1. You will probably start to see some bubbling action and get a fresh, fruity aroma. It may even have grown a little at this stage.
2. Repeat the same feeding steps of Day 2.

DAY 4 THROUGH 6

1. Feed the starter with the same ingredients and ratio as you did on Days 2 and 3. But you're going to feed it twice a day.
2. In the morning, feed it with rye flour, all-purpose flour and water, and let it rest. 12 hours later, repeat the same step.
3. Cover loosely and let it rest.

DAY 7 ONWARDS

1. Scoop out 50g of the starter mixture from the jar. To this, add 50g rye flour, 50g all-purpose flour, and 100ML water. Mix well.
2. After 12 hours, repeat the feeding process.

Over the following days, you will see the starter rise and fall. This is a good sign that it's ready to go into the fridge.

On the day you decide to put it into the fridge, here's what you will need to do:

1. Take out 20g of rested starter.
2. Feed it 40g bread flour and 40ML of water. Stir well and leave it out for 1-2 hours. You should see some bubbling action.
3. Put it into the fridge and begin feeding it weekly with this new flour, water and starter ratio.

