

e-book freebie

Everything you need to know to start sourdough



What is sourdough?

Sourdough contains higher levels of vitamins, minerals, and antioxidants than other breads. It also contains lower levels of phytate and therefore allows your body to absorb the nutrients it contains more easily than those in regular bread. The ingredients are simple -- flour, water + sometimes salt. No sketchy ingredients or unnecessary items.

01

Sourdough is different from other breads because it is made by fermenting flour + water, rather than using yeast.

The fermentation process helps to unlock B vitamins in the bread and even enables the enrichment of vitamin B12 in plant-based foods.

02

Additionally, sourdough is usually made with fortified flour so it delivers iron and folate, which are important before and during pregnancy.

Sourdough does best in warmer climates, so make sure to find a warm place in your home if you are starting in the winter. This can be on top of the fridge, in the microwave, or a light.

HEALTH + NOTES



Health Benefits of Sourdough

1. It is good for your gut - the fermentation process can lead to an increased number of prebiotic + probiotic-like properties, which can help improve gut health
2. It can lead to better digestion - the fermentation process alters the enzymes in the wheat, which *may* counteract adverse reactions to gluten
3. Can promote healthy aging - fermented grain-based products, like sourdough, have antioxidant, anti-hypertensive, anti-diabetic, and FODMAP-reducing qualities
4. Can help keep blood sugars in a healthy range - sourdough bread has a lower glycemic index and glycemic load than white bread and whole-wheat bread that is not fermented so it can help with therapid spikes + drops in blood glucose

What kind of flour do I use?

Flour is dependent upon the person creating the starter + the recipe you are following. When I started with sourdough, I started on a whim and only had all-purpose flour. I found a recipe that worked with it and had a lot of success with all-purpose, so I never tried anything different until recently (over a year later). You can also use bread flour, whole wheat flour, a combo of whole wheat + all purpose, etc. Just know your flour may need to be adjusted to fit the recipe you choose to use. Whichever you choose, I recommend a high quality flour like King Arthur or an organic option (like Trader Joes).

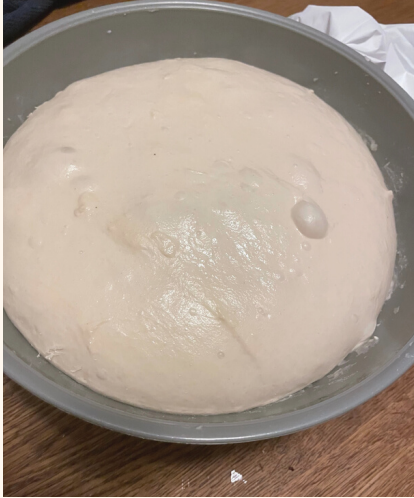
Why a food scale + grams?

I share almost all my measurements in grams so you can use a kitchen scale, as do most other sourdough bakers. This is the most accurate way to get the same measurements every time we make a recipe.

For More Information

@hrmarciano (check my sourdough highlight)
hrmarciano.com

HELPFUL RESOURCES



A few thoughts on starting sourdough

My number one thought on starting sourdough is to just do it. Your starter is resilient. You might kill it, but there is so much to be learned each step of the way. This is one of those times when you want to just fail forward. The risk is low since flour + water are inexpensive ingredients, so just jump in and learn as you go. I'm going to share a few of my favorite follows below that are great resources for you to check out as your starter grows + you want to explore and make even more than just bread.

Favorite Sourdough Follows

@shebakesourdough
@sourdoughschoolhouse
@everything.sourdough
@sourdough_enzo

Favorite Sourdough Recipes

littlespoonfarm.com
farmhouseonboone.com
ballerinafarm.com
theclevercarrot.com

Reminder -

There is no ONE way to make sourdough. There are THOUSANDS of recipes out there and many of them are tested hundreds of times. My best recommendation is to find one that works for you and stick to it until you master the flow of sourdough. Then you can start to try others.

Let's bake

Bagels

Pancakes

Scones

Cinnamon Rolls

Dinner Rolls

English Muffins

FAVORITE TOOLS

Here are some of my favorite tools I've acquired over the past year of making sourdough breads + such.

Bread mixing spatula

Weck jars (1 liter) or mason jars*

Shower caps for covering

Dutch oven*

Unbleached parchment paper*

Proofing baskets*

Scoring Lame + blades

Metal +/-or plastic bench scraper

Wooden bread bow knife

Danish Dough whisk

Digital kitchen scale

Redmond real salt

King Arthur unbleached all purpose
flour
apron



Few of these are actually required when starting. The ones I recommend getting to begin with are marked with an asterisk (*), but the rest definitely make the process easier + are worth the investment as you continue to make bread + are sure you're sticking with it

LET'S MAKE A STARTER

your starter is the base of every sourdough recipe that you will make.

Day 1: The birth of your starter

combine 50g of flour + 50g of warm water in a large mason (or Weck) jar + let rest for 24 hours

Day 2: just a little peek

look for bubbles in the sourdough (if there aren't any, that is okay) + then leave it alone for another 24 hours

Day 3: discard + feed the starter

discard (basically throw away) half of the starter, then add 50g of flour + 50g of water + mix it up then let rest 24 hours

Day 4-6: repeat, repeat

discard half of the starter, then add 50g of flour + 50g of water + mix it up then let rest 24 hours

*we are looking for bubbles -- if you don't know when it doubles in size, then use a marker or rubber band to mark where the starter is when you feed it, and check on it as time goes on to see how much it is growing

Day 7: the final feed

discard half the starter, add 50g flour + water, mix mix, then watch it grow + look for both big + small bubbles as it doubles in size

think your starter is ready to make bread?

do the float test -- feed your starter, wait for it to double in size + then drop a spoonful of bubbly starter into a jar of water. if it floats to the top it's ready to use, if not, wait to see if it rises more or wait one more day to discard + feed and try again

if it isn't bubbling + doubling in size, then what?

my first guess would be a temperature issue (is it too cold? we want to store our starter at 75-80 degrees F); if your house is too cold, turn on a light to put it under or put it in your microwave with the door open and the light on. it could also be a timing issue -- if you think this is it, keep repeating the above steps until it's ready



If you are not into making your own starter, you do have a few options -- you can ask a friend who has an established starter. They can easily share a portion of theirs with you. There are also people out there who sell dehydrated starters (or live ones) that you can purchase and then revive yourself.



It isn't recommended to use metal when mixing your starter so use a clean wooden spoon or get a wooden spatula that is only used for sourdough to mix your starter with.