



How to make your own sourdough starter

Ingredients

Ballybrado Organic Whole Rye Flour

Water

Method

Day 1

50g flour, 50g water => mix, leave in jar with lid on

Day 2

50g flour, 50g water => mix, leave in jar with lid on

Day 3

50g flour, 50g water => mix, leave in jar with lid on. You might be able to see some bubbles forming in the mixture

Day 4

Discard 100g of starter in jar. Add 100g flour, 100g water => mix, leave in jar with lid on

Day 5

Discard 150g of starter in jar. Add 100g flour, 100g water => mix, leave in jar with lid on

Day 6

Discard 200g of starter in jar. Add 150g flour, 150g water => mix, leave in jar with lid on

Day 7



Discard 250g of starter in jar. Add 200g flour, 200g water => mix, leave in jar with lid on