



Miele

Sourdough starter

By Miele

5 minutes per day

Preparation time

13 days

Fermenting time

Serves

INGREDIENTS

1.625 kg strong flour

1.625 ml water, non-chlorinated or
filtered/bottled water

METHOD

1. Combine 125 g flour and 125 ml water until smooth, place in a jar and cover with a lid. Leave at room temperature for 48 hours.
2. Discard most of the starter leaving 2 tbsp in the jar and feed with 125 g flour and 125 ml water, cover and leave at room temperature for 24 hours.
3. Repeat step 2 for 13 days in total. The starter should be doubling or tripling in size by now.
4. Use this starter in our [sourdough bread](#) recipe.

Hints and tips

- To sterilize your jar before storing your starter use the steam oven on Disinfect items, placing it in open side down.
- A mix of flours can be used to increase the activeness of your starter: 100 g strong flour and 25 g wholemeal or rye is a good combination.
- To de-chlorinate water leave in a container uncovered overnight on the kitchen bench.
- Your starter can be kept in the fridge when not in use but will still need to be feed every week to stay active.
- After feeding your starter, leave at room temperature for 2 hours to encourage fermentation before returning to the fridge.
- Remove your starter from the fridge the night before you make bread and feed if it hasn't been fed in the last two days.
- Do not use the 'discard' starter to make other item when building up your starter, it is not balanced and could contain harmful bacteria. This will be safe to use after the first two weeks.
- It is good to clean your jar every couple of months.
- If your starter is looking weak i.e. not doubling in size in a day at room temperature. Feed with a wholemeal/rye flour to the quantity mentioned in the second tip. It is also good to whip the starter with a whisk in a large bowl to incorporate air which helps with the fermentation process.
- The aim is to feed your starter at its peak to strengthen the wild yeasts and cultures within.
- To make enough for two loaves, just double the feed a day before and remember to put in a larger container to allow for extra growth.