

# Mrs Marsland's Guide to Making a Soudough Starter

For the last week I have been cultivating my own sourdough starter which can be used to make lovely sourdough bread and other yummy breads and cakes.

A sourdough starter contains living bacteria and yeast that transform flour and water into a leavening agent. Filled with gas bubbles, a leavening agent makes bread dough rise during baking. It also adds flavour and aroma to bread.

This living thing needs regular feeding to keep it alive. When well cared for, sourdough starters can live for hundreds of years.

Maybe while you are at home, this is something that you would like to try yourselves and then use it to bake your own tasty treats.

Although your starter will not be ready to use for a week, I have already given you a recipe that you will be able to use when making your first loaf.

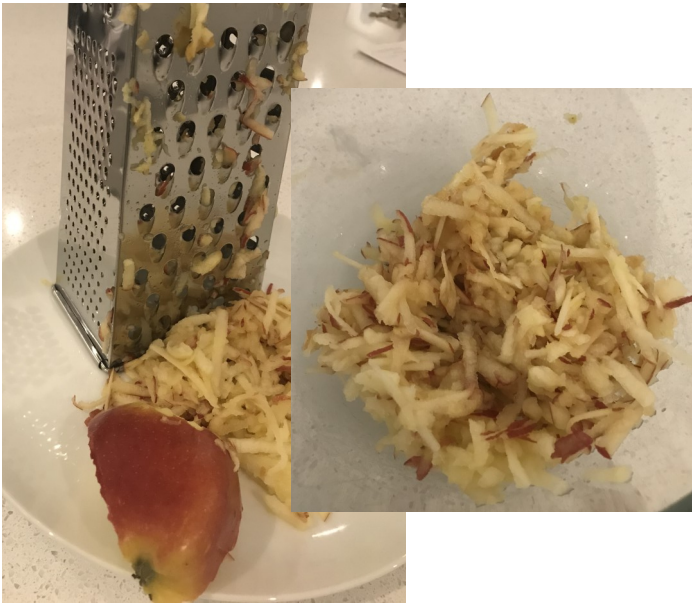
I have lots of other recipes to share with you too.

[LET ME KNOW HOW YOU GET ON.](#)



## Day One

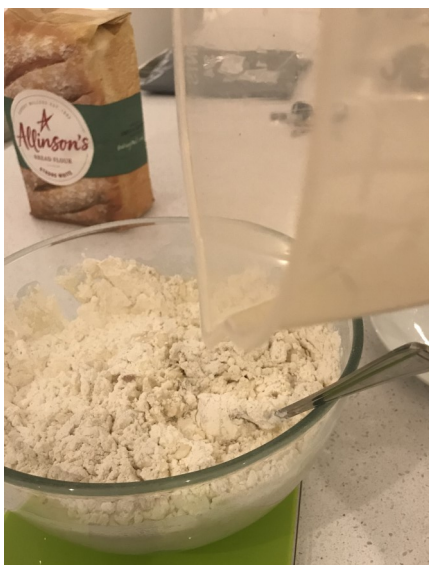
Grate one *organic* apple.



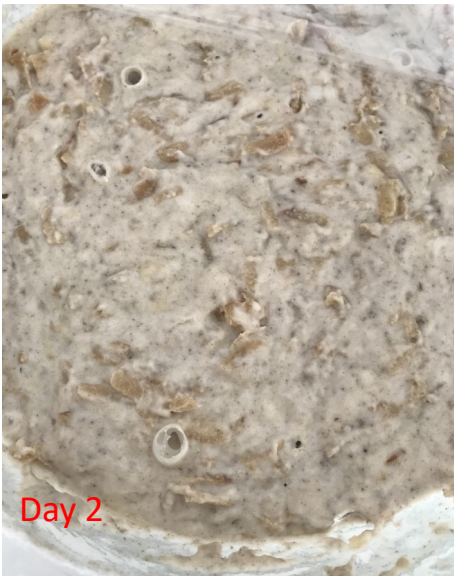
In a large bowl, mix the apple with 250 g of strong white/bread flour and 170ml of tepid water. Stir well.



Cover the bowl tightly with cling film and leave in a warm room to ferment for 3 days.



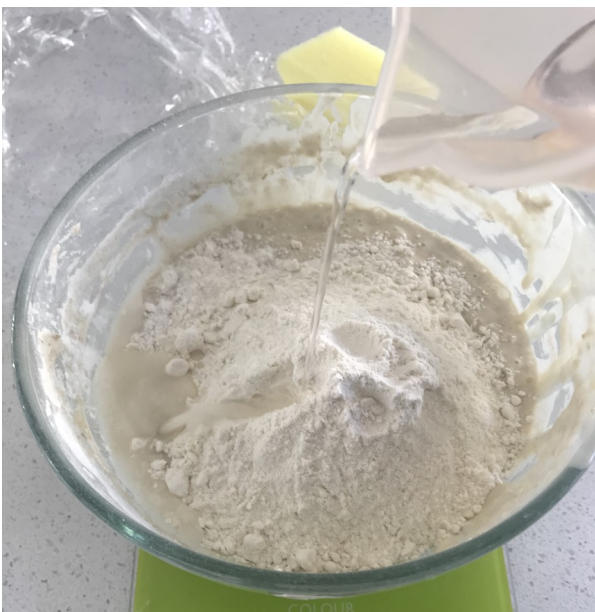
## Day Four



After 3 days, discard 1/2 of the mixture.

Add 250g more flour and 170ml water and stir well.

Re-cover with cling film and leave for another 2 days.





## Day Six



After 2 more days, discard 1/2 of the mixture.

Add 250g more flour and enough water to make a wet sloppy dough.

Re-cover with cling film and leave for one more day.



## Day Seven

Your dough should now be ready to use!

It should be thick and bubbly and when you stir it, it should be like a thick batter.

If it is not bubbling, go back to the instructions for 'Day 4' and leave for another 2 days.

If you are using your sourdough often, leave it at room temperature in a sealed container, feeding it at least every 3 days and whenever you take some out to make bread.

To feed simply spoon in some bread flour and stir in some water to make the consistency of very wet dough.

If you are using the sourdough less often, then you can keep the sourdough in the fridge which will slow down the activity. You must return it to room temperature before use.

