

Three Little Blackbirds



WILD YEAST SOURDOUGH STARTER

100% hydration wild yeast starter

DAY ONE

1. Have your chosen container clean, dry and ready to go. Set the empty container onto your kitchen scale and write down the weight (in grams) on a piece of paper, then zero out the scale.
2. Add to your container 100 g water, then zero out the scale
3. Add to your container 50 g white flour, then zero out the scale
4. Add to your container 50 g rye flour
5. Remove container from the scale and mix or stir until well combined
6. Using a rubber spatula, scrape down the sides of the container and smooth the top of the culture as best you can
7. Place a piece of tape or the bottom of a sticky post it note to the outside of your container to mark the height of the mixture you just created
8. Remember the weight of your container you wrote down in step 1? Write that onto your tape or piece of paper along with the current time of day
9. Cut or tear your tea towel into a square that will fit on the top of your container with some hanging over and secure the square with a rubber band or alternatively tie with kitchen twine. We want to protect the culture from anything unwanted getting in, but we also want to allow oxygen to enter and accumulated gas to exit
10. Place your new culture in a warm cozy spot to rest for 24 hours.

DAY TWO A.M.

1. There may be some signs of life, and there may not. Has the culture risen in height at all? Any bubbles? Check the bottom of the container. Even one or two bubbles at this point is a great start. If the culture has risen since yesterday, even the tiniest bit, or you see even

one bubble - proceed to the next step. If absolutely *no* signs of life are present yet, don't fret, just set it back in its warm spot and wait another 12 hours before proceeding.

2. Weigh your container with the culture and subtract the container weight (written on your tape/paper marker) this will give you the weight of your existing culture. Discard all but 75 g of the culture mixture

-or-

Place a new container or jar onto your scale and then zero it out. Pour 75 g of culture into the new jar. Wash old jar with remaining culture to be discarded.

3. Add to your culture: 75 g water - stir to combine
4. Then feed with: 50 g white flour and 25 g rye flour - stir to combine
5. Scrape down the sides again and mark the height on the outside of the jar with your tape or paper
6. Replace the tea towel covering over the top and place the culture back in its warm spot

DAY TWO P.M.

1. You may see more activity or signs of life now, or it may be the same as this morning. Anything from a single bubble to actively rising is a wonderful sign of progress.
2. Repeat all of the same steps from the morning - discarding all but 75 g of existing culture and feeding with 75 g water - 50 g of white flour - 25 g rye flour
3. Return it to its warm spot again after mixing

DAY THREE A.M. AND P.M.

1. Sometime on day 3, your culture may appear dead or sluggish. Its usually not. Just carry on and feed exactly as you did on day two

DAY FOUR AND BEYOND

1. Continue to feed as you have been doing, but by the morning of day 4 and the next subsequent 12 hr feedings, you should begin to notice your culture becoming much more active with each and every feeding.
2. You will soon start to see a lot more bubbles, and the culture will begin to increase in volume substantially
3. Once you go to feed and notice that the culture has come close to doubling itself (in 12 hours or less), start feeding with white flour only. This typically and usually happens by the end of day 4, if all has gone well.
4. When your culture can double itself in just 8 hours, is full of beautiful bubbles, and smells pleasantly sour - it is ready to bake with! (approx.. 5-7 days)