



MEET MILDRED YOUR SOURDOUGH STARTER

Mildred is a 6 year old, sourdough starter. She and her friendly bacteria and yeasts have made us many thousands of loaves over the years and we hope she will make many more for you!

For her journey she has been dehydrated, so she's a bit parched. To get her ready for baking, add the dried starter to your jar and mix with 25g of warm water. Let it sit for about 10 minutes, then mix well until all of the starter is dissolved.

Add 125g each of strong bread flour and water. Leave loosely covered somewhere warm. After a few hours, it will start to bubble.

Your starter will be ready to bake loaves in about 6-12 hours, though may improve with a couple of feedings. The directions for feeding your starter, making bread and maintaining your starter are in the Everyday Sourdough booklet that came with this kit.

PASS IT ON...RE-USE YOUR STARTER JAR BY PASSING ON 50G OF YOUR REFRESHED STARTER ON TO A FRIEND, ALONG WITH OUR RECIPE CARD!

SOURDOUGH STARTER TIPS & TRICKS

FEED HER REGULARLY, BUT FIND A SCHEDULE THAT WORKS FOR YOU. Feeding your starter at a regular interval helps keep it going and helps you get into a routine with it. Ours is fed every night when I make the next day's batch of bread. It then sits on the counter until we need it the next evening.

THINK OUTSIDE THE BREAD BOX. It can feel overwhelming to make bread every day or every couple of days or it can feel wasteful to throw away part of your starter when you feed it. The good news is starter can be used for many things like pie crust, pizza base, scones and even cake.

STORE IT IN THE REFRIGERATOR. If you aren't baking every day, store your starter in the fridge. It slows down fermentation and extends the life of your starter between feedings. You can bake with starter straight from the fridge but you may find that you get better bread if you take it out and feed it at least 12 hours beforehand

REMEMBER, IT IS PRETTY HARD TO HILL A STARTER. Looking a bit grey, smelling like nail polish or liquid sitting at the top of the jar are all perfectly normal and usually a sign that the starter is hungry. To revive a starter that you are worried about, take about a Tablespoon out and place in a new jar, then add 100g each of water and flour.

**ANY PROBLEMS, DROP US AN EMAIL AND WE WILL DO WHAT WE CAN TO HELP! WE OFFER A LIFETIME FIRST AID SERVICE FOR ALL OUR STARTERS AND IF SHE CAN'T BE BROUGHT BACK TO LIFE, WE WILL POST OUT A NEW STARTER, FREE OF CHARGE! JUST EMAIL US AT:
HELLO@GARTURSTITCHFARM.COM**