

How to feed starter

How to figure out how much to feed

- Watch your starter. Feed it 1:2:2, leave it on the counter, and pay attention to when it rises, when it peaks, and when it starts to fall. Then, start playing with the ratio. When I feed my starter 1:3:3 - 1:4:4 while I'm cleaning up from dinner, it's ready for me to bake the next morning! Yours might take more or less time, so take notes if you need to, and figure out what works for you!
- Feeding 1:1:1 occasionally can help you get your starter on the same schedule as you (for example, sometimes I'll feed 1:1:1 around lunch time or early afternoon, so I can mix up some dough before bedtime - generally for bagels - but most frequently I like to mix up bread dough first thing in the morning, so I don't want to completely shift my starter to always be ready at dinner or bedtime). However - consistently feeding 1:1:1 can start to weaken your starter, and cause it to be too acidic to bake good breads.
- To figure out how much to feed to reach your goal for a recipe
 - 1:3:3 ratio to equal a total of 112g
 - $1+3+3 = 7$ equal parts
 - $112/7 = 16$
 - 1 part = 16g
 - Feed 16g of starter with $(16*3)$ 48g flour and 48g water

Maintenance feeding

Feeding for a recipe

- When you have a recipe you want to make, look at the amount of starter you need for the recipe, and then how long until you want to be mixing up the dough. For this example, I want to make bread tomorrow. My recipe calls for 50g of starter, and I want to feed it tonight at bedtime. I'm going to take 7g of starter, and feed it 28g of water, and 28g of flour, and feed it between 7-9pm. When I get up and I'm ready to mix up dough around 8am, it should be peaked and ready to make bread!
- When you feed your starter, make sure the total weight leaves you enough starter to make your recipe *and* enough to feed afterwards. You don't need much to feed - even 2-3g is sufficient, but I like to leave myself at least 5-10g, just so I know I have plenty.

What to do with "discard"

- You can just scrape it out of the jar and into the trash. That's the easiest. If this is what you want to do with your discard, there are ways to minimize your discard.
- Use it in recipes - there are a lot of recipes that you can add starter to, to use it and add some extra flavor and body to your baked goods. You can look on Pinterest or Google and find tons of ideas.
- Sourdough discard can also be used as an egg replacement in baking, if you're baking for someone with an egg allergy, or looking for a vegan option. When you "discard," put it in a jar in the fridge. You can keep adding to this jar, but I don't like to fill mine more than about 2/3 full, because when I pull it out of the fridge to use it, it warms up and sometimes it'll start to expand. Use 50g of your discard from the fridge per egg called for in the recipe, adding it as you normally would add the egg.
- Use it to thicken your sauce or gravy! Use it like you would flour. If you're making a sauce, add it to the veggies or meat before you add broth, or use it with butter to make a roux.