



WILD PETUNIA - A SOURDOUGH STARTER CARE GUIDE

CONGRATULATIONS!!! You are the proud new owner of Wild Petunia!

What is a sourdough starter? It is so simple, complex at the same time, and will reward you for taking care of it ;)

A sourdough starter is a combination of flour, water and wild yeast. Wild yeast is in the air all around us and in flour as well. The wild yeast in your starter feeds off of the flour and you can even watch it happen as your starter “digests” the flour and water as it feeds. You will see bubbles, you can see as it doubles in size at its most active and see as it falls, indicating it’s hungry again. It’s really fascinating!

There are so many things you can do with your starter too!

The following is a short maintenance guide and a few recipes to get started. There are infinite online resources to educate yourself as well. Please feel free to reach out to Meredith at the bakery if you have any questions.

Enjoy and have fun with Petunia!

When you bring your starter home, you can either store it in the refrigerator until you're ready to use - feeding it 1x/week. Or, you can jump right in and start feeding it on a schedule for the next 5 days, at which point it will be ready to use.

You will need to find a vessel to put your starter in. We recommend a 4 Cup mason jar to get started.

Regardless of whether you are going to store your starter in the refrigerator, or get started using it, the first step is the same. We recommend using a kitchen scale so you can get your measurements exact.

DAY 1:

Put the starter in your jar and feed - 1 C. Bread Flour (120g) and 1/2 C. Filtered Water (120g). Stir with a fork until flour is incorporated. It should be like a thick paste and the consistency of peanut butter.

At this point, you can put a lid on it and store in the refrigerator if needed. We suggest dating the jar, so you can keep track of how often you need to feed the starter. If you forget to feed it for 1-2 weeks, it’s most likely ok, just pull it out onto the counter & feed it 1 C. Bread Flour (120g) and 1/2 C. Filtered Water (120g) 2x a day for 2 days, just until bubbly. See directions below and follow until day 2, at which time you can return it to the refrigerator, dated so you remember when you last fed it. ;)

If you are keeping out on the counter at room temperature (70-80 degrees), you will feed as recommended above (1 C. Bread Flour (120g) and 1/2 C. Filtered Water (120g)).

Write the time you fed it on the jar. Cover with a damp towel or loose lid. Let it sit at room temperature for 24-48 hours or until you see some bubbling happening.

DAY 2:

Start day 2 when you see a bit of bubbling.

Discard all but 1/2 C. of the starter.

Add to the remainder 1C. White Bread Flour (120g) and 1/2 C. Filtered Water (120g) and mix well. Cover with a damp towel and allow the mixture to sit at room temperature for another 24 hours.

Note: Depending on the ambient temperature, the wild yeast will metabolize/digest the flour faster if it's warmer. If the temperature is below the recommended 70-80 degrees, the yeast will take longer to metabolize/digest the flour.

DAY 3:

By the third day, you should definitely see some bubbling. If not, let it go a little longer until you see bubbles.

Note: You want to feed the starter only after it has peaked (metabolized/digested) all the flour from the last feeding and has started sinking down in volume or gets liquid - this is when it's hungry!

This may take 12-24 hours depending on the temperature in your house.

DAY 4:

Your starter should be moving faster by today.

It's helpful to put your starter in a clean jar and mark the level with a sharpie or rubber band so you can see the activity.

Feed 1-2 times, discarding all but 1/2 C. of starter each time.

As soon as it falls again, feed it using the same measurements - 1 C. Bread Flour (120g) and 1/2 C. Filtered Water (120g).

DAY 5:

Give it one last feed. Discard all but 1/2 C. Add 1 C. Bread Flour and 1/2 C. Filtered Water and place in a clean jar so you can see the action clearly. Mark with a sharpie or rubber band around the jar to mark the beginning level.

The starter should double in volume within 4-6 hours of the feeding.

DO THE FLOAT TEST:

To test the starter to find out if it's ready to use, place a teaspoon of starter just from the top of as it's peaking, (don't stir it down) in a glass of water, it should float. If it does, it's ready to make bread and other things with. You can use the discard from the last feed for pancakes, waffles, crepes, etc.

If it sinks, let it go a little longer and retest.

You can also store it in the refrigerator at this time and feed it 1x/week. Always feed your starter before storing it, whether you refrigerate it or freeze it.

A few recipes to get you started :)

SOURDOUGH PANCAKES

This recipe uses your discarded starter

Prep Time: 15 min.

Cook Time: 20 min.

Total Time: 30 min.

Yields: 6 pancakes

2/3 C. Sourdough discard (140g)

2/3 C. Nutmilk or regular milk (140g)

1 Large Beaten Egg

1 TB Oil or Melted Butter (10g)

1-2 TB Maple Syrup (10-20G)

1 t. Vanilla

1 C. AP (All Purpose) Flour or Whole Wheat Flour (120g)

1/2 t. Baking Powder

1/2 t. Baking Soda

1/2 t. Sea Salt

Butter or oil a skillet or griddle.

Mix wet ingredients together in a medium bowl.

Gradually add flour mix into wet mix, whisking until just combined. If batter feels too thick, add more milk. Let sit for 15 min.

Ladle in a 1/2 C. batter (to make a 6" pancake). Flip when golden and small bubbles appear at the surface. Cook until middle puffs in the center, lowering heat if necessary.

Keep in a warm oven or cover with foil. Repeat with the remaining pancakes.

Enjoy!!

SOURDOUGH WAFFLES

This recipe uses an overnight sponge, made from your mature/active starter, yielding a more gut-friendly waffle.

Overnight Sponge:

2 C. AP or Whole Wheat Flour
2 TB Sugar or Maple Syrup
2 C. Buttermilk
1 C. Mature Sourdough Starter (275g)

Morning Waffles:

All of the overnight sponge
2 Large Eggs or Flax Eggs (1TB ground flaxseed : 3 TB filtered water)
1/4 - 1/2 C. Melted Butter, Coconut Oil, or Ghee
3/4 t. Salt
1 t. Baking Soda
1/2 t. Vanilla

Instructions

1. To make overnight sponge, stir down your refrigerated starter and place 1 C. in a large bowl.
2. Add flour, sugar, and buttermilk and mix. Cover and let rest at room temperature.
3. The next morning, in a small bowl, beat together the eggs and butter.
4. Add to the overnight sponge.
5. Add the salt, baking soda, and vanilla - stir until combined - the batter will begin to bubble.
6. Pour batter onto your preheated greased waffle iron and bake according to the manufacturers instructions.

Top with your favorite toppings and enjoy!!!

We are so excited for your sourdough adventure! You can do this!

xoxo
Wild Phyllis