

## DIY Sourdough Basics and Sourdough 101

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All of the below is taken with permission from *DIY Sourdough* by John and Jessica Moody.

### Simple Step-by-Step instructions For whole grain sourdough starter

Day 1 morning:

Combine 1/4 cup whole grain flour and 3 tablespoons filtered water in a clean pint jar. Stir well, scrape down sides, cover loosely with a cloth.

Day 1 evening:

Remove half of your starter and add 1/4 cup whole grain flour and 3 tablespoons filtered water. Stir well, scrape down sides, cover loosely with a cloth.

Day 2 morning:

Remove half of your starter and add 1/4 cup whole grain flour and 3 tablespoons filtered water. Stir well, scrape down sides, cover loosely with a cloth.

Day 2 evening:

Remove half of your starter and add 1/4 cup whole grain flour and 3 tablespoons filtered water. Stir well, scrape down sides, cover loosely with a cloth.

Day 3 morning:

Remove half of your starter and add 1/4 cup whole grain flour and 3 tablespoons filtered water. Stir well, scrape down sides, cover loosely with a cloth.

Day 3 evening:

Remove half of your starter and add 1/4 cup whole grain flour and 3 tablespoons filtered water. Stir well, scrape down sides, cover loosely with a cloth.

By this time, you should start to see bubbles forming on the sides and top of your starter. This lets you know you are on the right track. Over time, you will see more activity as the starter becomes stronger. Continue to remove 1/2 of your starter and feed it with 1/4 cup whole grain flour and 3 tablespoons filtered water twice a day for 3 weeks. After 3 weeks, your starter is ready to use but may not be strong enough for making breads just yet. Continue to feed twice a day, but you no longer need to discard half of the starter. So that I don't have way more starter on hand than I need at this point, I switch to adding just 1 tablespoon of flour and 1 scant tablespoon of water at each feeding.

## Recipes

### Basic Muffins

#### Ingredients

$\frac{3}{4}$  cup starter  
 $\frac{1}{2}$  cup melted butter  
 $\frac{1}{2}$  cup honey  
 $1\frac{1}{2}$  cups spelt flour (or  $1\frac{1}{4}$  cup whole wheat flour)  
 $\frac{1}{4}$  cup water  
2 eggs  
1 teaspoon salt  
 $1\frac{1}{4}$  teaspoons baking soda  
2 teaspoons cinnamon (optional)

1. On the night before, mix starter, butter, and honey well. Add flour and mix in water. Cover with a damp cloth. Allow to sit in a warm place overnight.
2. In the morning, preheat your oven to 350°F. While it is preheating, add eggs, salt, baking soda, and cinnamon to your batter, stirring well until they are thoroughly incorporated. This may take a little elbow grease, but try not to overwork the batter. Jessica will often use her hands to ensure the batter mixes well.
3. Bake for 12 to 15 minutes, until the muffins are golden brown and no longer glossy on top. You can also stick a toothpick into the muffins; it should come out clean if they are fully cooked.
4. Removed from the oven and allow the muffins to sit for 5 or so minutes, then transfer to a wire rack to cool.

### Irish Soda Bread

#### Ingredients

$\frac{3}{4}$  cup starter  
 $1\frac{1}{2}$  cups milk  
2 tablespoons honey  
 $3\frac{1}{2}$ – $4\frac{1}{2}$  cups spelt flour (or about 3 cups whole wheat flour)  
 $1\frac{1}{2}$  teaspoons salt  
 $1\frac{1}{2}$  teaspoons baking soda

1. The night before, in a large bowl, stir together starter, milk, honey, and flour. When adding flour, start with about  $2\frac{1}{2}$  cups. The dough will probably be very sticky and unmanageable. Add about  $\frac{1}{8}$  to  $\frac{1}{4}$  cup at a time until the dough forms a nice consistency and is no longer sticky. This usually ends up being about 3– $3\frac{1}{2}$  cups of wheat flour or 4 cups of spelt flour total.
2. Allow to sit for about 12 hours in a warm place.
3. In the morning, preheat oven to 350°F.
4. Work salt and soda into the dough. Fold or knead the dough lightly, until salt and baking soda are evenly distributed (about 20 to 30 folds or kneads).
5. Lightly oil your bread pan. Shape the dough into a loaf and then place into the pan. Using scissors or a sharp knife, score three deep cuts into the dough. Bake at 350°F for about 40–50 minutes.