

THE REGULAR CHEF SOURDOUGH STARTER SCHEDULE

Feel free to comment on YouTube or message me on Instagram
@theregularchef with any comments or questions!

DAY 1

- 100g Whole Wheat Flour
- 150g Room Temperature Water

DAYS 2, 3, AND 4

- 75g Mature Starter
- 100g 50/50 Whole Wheat/All Purpose Flour Blend
- 100g Room Temperature Water

DAYS 5 AND 6

- 50g Mature Starter
- 100g 50/50 Whole Wheat/All Purpose Flour Blend
- 100g Room Temperature Water

DAY 7

- 25g Mature Starter
- 100g 50/50 Whole Wheat/All Purpose Flour Blend
- 100g Room Temperature Water

CONTINUED FEEDINGS (DAY 8 AND BEYOND)

- If you bake more than once per week, feed your starter every 24 hours using the following:
 - 25g Mature Starter
 - 100g 50/50 Whole Wheat/All Purpose Flour Blend
 - 100g Cold Water
- If you bake once per week or less, feed your starter every 7 days using the following, and store it in the refrigerator between feedings. Keep the starter at room temperature for 1-2 hours before and after each feeding.
 - 25g Mature Starter
 - 100g 50/50 Whole Wheat/All Purpose Flour Blend
 - 100g Room Temperature Water