

Sourdough Starter Online Workshop: Ingredients and Tools

You need only basic tools and ingredients to make a sourdough starter. Before class, as you gather your ingredients and tools, you may find it helpful to check off each item as you organize it all in front of your computer or other device.

In addition to the supplies and tools listed here, you may also want to bring something to write on. People like to take notes during my workshops.

Sourdough Starter

Ingredients

- 1 cup unbleached white flour
- 1 cup whole wheat flour
- 1 cup tap water

Notes on ingredients

- My sourdough starter also loves rye flour. You can use that in place of the whole wheat if you prefer.
- I use organic flour but any flour will do.
- I filter my tap water with bamboo charcoal but it's not necessary.

Tools

- Kitchen scale if you have one
- One-cup measuring cup
- Small glass jar that can hold one or two cups or another container to store your starter in, preferably something wide-mouth and shallow to make removing starter easier
- Fork for mixing
- Scraping spatula (nice to have but don't worry if you don't have one)
- A towel to wipe your hands