Starter Feeding Ratios

1:1:1

1 part starter, 1 part water, 1 part flour

10g, 10g, 10g

Ideal for a fast peak and bake

1:4:4

1 part starter, 4 parts water, 4 parts flour

10g, 40g, 40g

Ideal for daily maintenance feedings (2x day)

1:7:7 or higher

1 part starter, 7 parts water, 7 parts flour

10g, 70g, 70g

Ideal for an overnight peak and deacidification

*The above ratios may behave differently depending on what you feed your starter with, how healthy it is, and the climate it is exposed to or stored in. Feed your starter and note it's behaviors to learn it's rhythms and ideal ratios.

Created by: The Sourdough Mama