

# CREATING + MAINTAINING A RYE SOURDOUGH STARTER

by Alison of  
Ancestral Kitchen

Day 1



50g flour  
50g water



Day 2+3

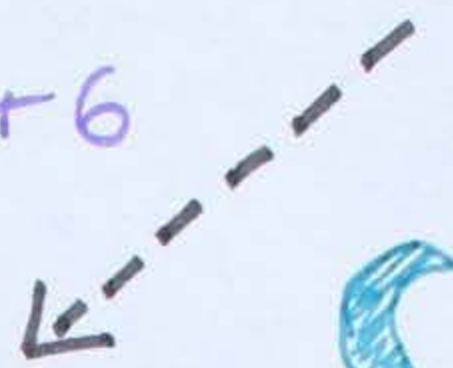


35g yesterday's mix  
50g flour  
50g water

Day 4, 5+6



35g yesterday's mix  
50g flour  
50g water



35g morning's mix  
50g flour  
50g water

\*use your discard from day 4!\*

Day 7 onwards...



25g yesterday's mix  
50g flour  
50g water



25g morning's mix  
50g flour  
50g water

Keep going until it's predictably + consistently doubling in size

\*use whole grain rye flour and unchlorinated water\*

put in fridge

use some to build  
levain 12 hours  
before baking



leave on counter  
until active  
bubbles

ongoing  
maintenance

put in fridge



when almost  
gone, refresh

\*use for  
pancakes +  
porridges  
(crepes ↓)\*

c.20g old mix  
50g flour  
c.35g water



find more bread information + tips at [www.ancestralkitchen.com](http://www.ancestralkitchen.com) ☺