

## Ingredients:

### The Starter:

- 100 ml water
- 120 g rye wholemeal

### Feeding:

- 50 ml water
- 50 g rye wholemeal

### Accessories:

- Wooden or plastic spoon
- 1 glass
- Cloth to cover
- Wire-hanger jar
- Jam jar / yoghurt jar



### Starter:

In a wide-mouthed glass, mix 120g wholemeal rye flour and 100ml lukewarm water until there are no more lumps. Please do not use a metal spoon for this, as the metal has an antimicrobial effect!

Cover the jar with a cloth and leave at room temperature. The mixture should start to bubble within 48 hours. If it does not, it is probably too cold. You can then put the jar in a bowl of warm (not hot!) water. You should stir the dough 1-2 times a day so that no hard surface forms that hinders the exchange of air.

### Feeding:

When the mixture has formed bubbles and has grown considerably after 3-4 days, you can start feeding it. Add 50 g of flour and 50 ml of water and stir thoroughly again. Fill the dough into a wire-frame jar and close it. Leave the jar overnight and feed the dough again the next day. In between, you can stir again.

### Attention:

*The mixture should have a fruity, yeasty, slightly acidic smell and no mould on the surface. If you see mould, you need to throw the batch away and start again. Also, if your batch smells unpleasantly foul, you need to try again.*



### Pre-dough:

Depending on the recipe, you now need to mix a certain amount of sourdough into a pre-dough and let it stand for a few hours.

### Care:

You can either leave the remaining sourdough at room temperature and feed it every 3 days at the latest or put it in a jam/yoghurt jar and leave it well sealed in the fridge for up to 3 weeks. Before you make another pre-dough, feed your sourdough until you have enough dough, and the microbes are active again.

If you take good care of your sourdough, it can remain with you as a kind of "pet" for life! You can also give some to friends who can start a new sourdough culture.