

Sourdough Starter from Scratch (from Eat More Whole Grains)

- Peel, dice, and cook until very well done, two medium-sized potatoes in 3 cups of water. Cool and puree in the blender to make 3 cups
- Add 2 cups of flour, stir well. Mix in 1 Tbsp sugar. Place in a glass container and cover with plastic wrap. A clear glass gallon jug or bowl allows you to see the bubbles from the outside.
- Each day feed it with a pinch of sugar and 1/3 cup of flour.
- When the bubbles are about 1 inch thick it is ready to use. Usually about 3 days.
- Save half the starter for future use. Repeat the above process by stirring 1 1/2 cups warm water, 1 Tbsp. sugar and 2 cups flour. You can feed this for a few days again as above.
- Use the other 2 cups in your bread recipe today.