



MY BOTTOM CHEF

100 Year Old San Francisco Wharf Sourdough Instructions

Thank you for your purchase!

What you will need:

- Bottled, Distilled or RO (Reverse Osmosis) water. Water from a Britta™ filter or Zero Water™ filter system will work as well. If you choose to use town or city water and you know that it has chlorine in it, you can boil it and let it rest until it cools down to approximately 86F (30C)
- 2 medium glass jars (mason jars will work)
- Saran wrap or a light cloth (used to lightly cover the sourdough yeast between feedings)
- A digital food scale that has metric measurements (grams and ml)
- Bread flour (sometimes referred to as “Strong Bakers Untreated Flour”)
- Chopstick to stir the ingredients

If you want to start baking sourdough bread as soon as possible, then go with the 8-12 hour feeding schedule. If however you can't be around every 8-12 hours to feed the starter, then the 24 hour feeding schedule might be right for you.

Let's begin:

1. Add the “Starter” packet and 5 grams of bread flour together in a mason jar with 10ml of filtered water at 86F (30C). Stir the ingredients, then cover loosely with Saran wrap or a light cloth. Don't put on a screw lid

since the carbon dioxide needs a way to escape from the jar. As the yeast and bacteria work together to process the flour, they release carbon dioxide. Let the starter rest for 8-12 hours in a warm place 70 to 86F (21 to 30C). Set an alarm reminder on your phone or setup an 8-12 hour timer.

2. Place the starter on the scale and tare or zero out the scale. Add 10g of bread flour and 10ml of water at 86F (30C). Stir the ingredients, then cover and let rest for 8-12 hours.

3. Place the starter on the scale and tare or zero out the scale. Add 20g of bread flour and 20ml of water at 86F (30C). Stir the ingredients, then cover and let rest for 8-12 hours.

4. Place the starter on the scale and tare or zero out the scale. Add 40g of bread flour and 40ml of water at 86F (30C). Stir the ingredients, then cover and let rest for 8-12 hours.

5. Place the starter on the scale and tare or zero out the scale. Add 80g of bread flour and 80ml of water at 86F (30C). Stir the ingredients, then cover and let rest for 8-12 hours.

6. Get a new jar and place on the scale and tare or zero out the scale. Add 80g of the starter you just made to the new jar. Discard the rest of the original starter. Tare or zero out the scale. Add 80g of bread flour and 80ml of water at 86F (30C). Stir the ingredients, then cover and let rest for 8-12 hours. You may have to add a small amount of water in addition to the 80ml you added in this step. You want the starter to have the consistency of pancake batter (not too thick and not too thin).

7. Repeat step 6 until you are ready to make bread. If at anytime you wish to have a break from feeding your starter or you don't plan on making bread right away, you can place the starter in the refrigerator 40F (4C). You will still need to feed the starter once a week or at least every 2 weeks. If you see a brownish clear liquid forming on top of the yeast starter after a week in the refrigerator, it is a sign that the yeast has run out of food. You can carefully pour off the liquid then feed the starter using step 6 above.

8. If you did refrigerate the starter and wish to make bread, it is a good idea to start feeding the starter a day (24 hours) in advance before you start making bread. Remember to leave the starter on the kitchen counter at room temperature instead of putting it back in the refrigerator. It is also highly recommended to feed the starter at least two to three times in a 24 hour period so that you have a strong vibrant yeast culture.