



# **A SOURDOUGH STARTER JOURNEY FOR THE COMPLETE BEGINNER**





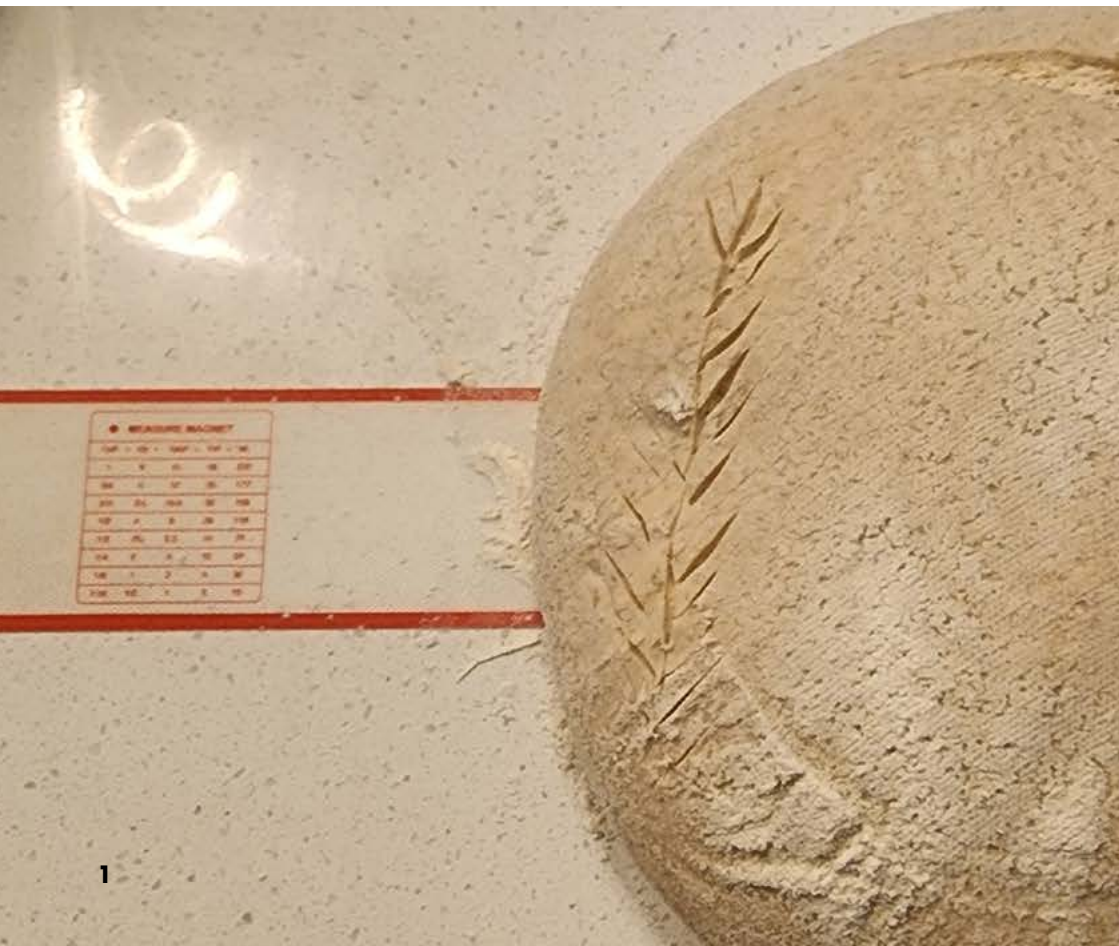
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# 1. WELCOME TO THE SOURDOUGH JOURNEY



Congratulations and welcome! You're about to start one of the most satisfying journeys in baking—crafting your own sourdough bread. This book isn't just a manual; it's a mentor, a cheerleader, and your guide from your first mix to your final golden loaf.

Whether you've never touched flour before or you've dabbled in baking, you now have the tools, the tips, and the confidence to master the magic of sourdough. Let's get our hands floured!



# 2. WHY SOURDOUGH + THE TOOLS TO MASTER IT

**Let's be real:** there are a thousand ways to bake bread...

But sourdough? It's in a league of its own.

This isn't just baking—it's a slow, satisfying ritual. A return to real, nourishing food made with love and patience. And the best part? The benefits are as rich as the flavor:

-  Long fermentation = easier digestion and better nutrient absorption
-  Naturally leavened—no commercial yeast needed
-  Incredible flavor, chewy crust, tender crumb
-  Keeps longer than store-bought bread
-  Feels like an art form—and tastes like one too

But here's the secret: the right tools make the journey easier, cleaner, and more successful from day one. That's why this kit was built with every tool you'll actually use—nothing extra, nothing missing.



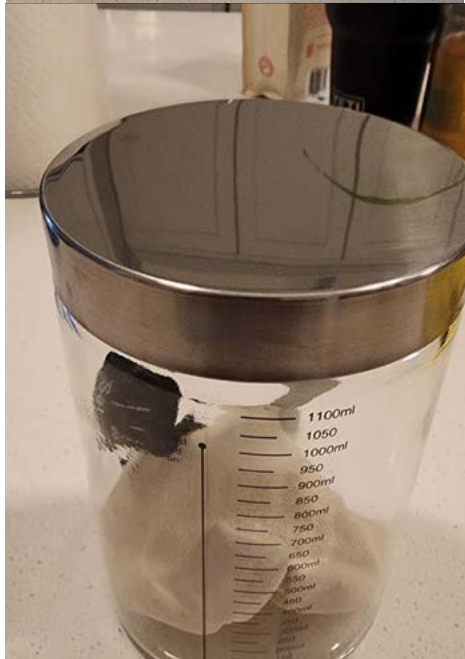
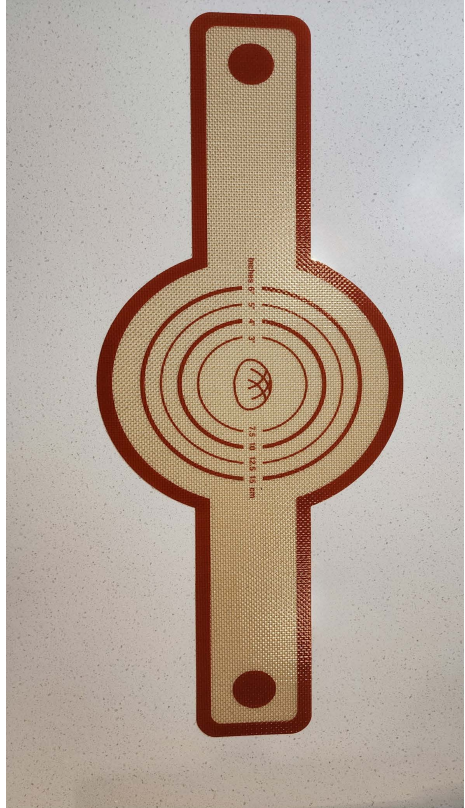
### 3. What's in Your Kit (And Why It Matters)

**Sourdough Starter Jar (1000ml):** Sturdy, thick glass with printed measurements. Track your starter's rise and health at a glance.

#### Includes:

-  **Elastic band** – marks daily rise
-  **Temperature strip** – keeps your starter cozy
-  **Stainless steel lid** – mirror-finish for fridge storage
-  **Cloth cover** – for airflow during fermentation
-  **Jar Spatula (Slim Silicone):** Reaches every corner. Scrape, stir, and mix with zero waste.

- **Flour Sieve (Metal):** Dust your banneton liner with rice flour for a clean dough release.
- **Dutch Whisk:** Gentle mixing without overworking your dough.
- **Dough Scraper:** Helps shape your dough, clean your surface, and handle sticky stages. Some even include measurement guides.
- **Banneton Basket:** Supports the dough's shape while it rests and builds strength.
- **Bread Sling:** Transfer your dough safely into the Dutch oven—no burns, no sticking.
- **Silicone Mat:** Your non-stick workspace for mess-free shaping and folding.



# **4. LET'S LEARN THE LINGO – SOURDOUGH TERMS YOU'LL WANT TO KNOW**



**Here are some helpful terms you'll come across in this book. Understanding them will make your sourdough journey smoother and more fun!**

-  **Autolyse** – A resting period after mixing flour and water, allowing gluten to develop naturally before salt and starter are added.
-  **Starter** – A mixture of flour and water fermented with wild yeast and bacteria. This is what makes sourdough rise—no commercial yeast needed.
-  **Hydration** – The ratio of water to flour in a dough, expressed as a percentage. Higher hydration = more open crumb.
-  **Bulk Fermentation** – The first rise after mixing your dough. This is when your dough ferments and develops flavor.
-  **Stretch and Fold** – A gentle method for strengthening gluten in the dough without kneading. Done during bulk fermentation.
-  **Proofing** – The final rise of the shaped dough before baking.
-  **Oven Spring** – The rise your dough gets in the oven as heat activates the yeast and steam expands the loaf.
-  **Crumb** – The texture and structure of the bread's interior (open, airy, chewy, soft, etc.).
-  **Scoring** – The act of slashing the dough's surface before baking. It controls expansion and adds beautiful patterns.
-  **Banneton** – A proofing basket that supports the dough's shape and helps it breathe.
-  **Cold Proof** – Chilling the dough in the fridge overnight to enhance flavor and make shaping easier.
-  **Discard** – The portion of your starter you remove before feeding. Don't toss it! Use it in delicious recipes (we've got you covered).
-  **Feed** – Adding fresh flour and water to your starter to keep it alive and active.
-  **Levain** – A preferment made from your starter to use in a bake, usually with specific hydration and timing.

# **5. SOURDOUGH STARTER BOOTCAMP – FROM FLOUR TO FERMENTATION**



**Starting your sourdough journey is easy when you have the right tools—and guess what? Your kit already includes them all.**

### **Tools from Your Kit You'll Need:**

-  **1000ml Glass Jar**
-  **Stainless Steel Lid**
-  **Cloth Lid for airflow**
-  **Elastic Band**
-  **Temperature Strip**
-  **Silicone jar spatula**

### **INGREDIENTS:**

- 100g whole wheat or rye flour
- 100g filtered or dechlorinated water (room temperature)



# THE 7-DAY SOURDOUGH STARTER PLAN

Follow this plan each day. Use the tracker on the next page to monitor your progress!

## Day 1: Get Started

- In your 1000ml glass jar, combine 100g flour and 100g water.
- Stir with your silicone spatula until smooth.
- Cover tightly with the cloth cover.
- Stick your temperature paper on the jar.
- Place the elastic band around the jar at the mixture's height.
- Let rest at room temperature (70–75°F) for 24 hours.



### **Day 2: Stir and Wait**

- You might see a few bubbles—that's a good sign!
- No feeding yet. Stir with your silicone spatula, re-cover, and let sit another 24 hours.

### **Day 3: First Feeding**

- Discard half of the starter.
- Add 100g flour + 100g water.
- Stir, scrape down sides, re-cover, and move the elastic band to the new height.

### **Days 4–6: Keep Feeding**

- Discard half and feed the remaining starter every 24 hours.
- Add 100g flour + 100g water.
- Watch as it becomes more active, bubbly, and rises higher!

### **Pro Tip:**

Name your starter. You're building a relationship with it—this is the heart of sourdough magic!

### **Day 7: Ready to Rise**

- Your starter should double in size within 4–6 hours after feeding.
- It should smell tangy and pleasant.
- Congratulations—it's baking time!
- Depending on your kitchen temperature, it may take more days for your starter to be ready—mine took 10 days at about 70°F.

# 7-DAY STARTER TRACKER

Use this space to jot down progress each day.

| Day | Time Fed | Rise Height | Bubbles? | Smell | Notes |
|-----|----------|-------------|----------|-------|-------|
| 1   |          |             |          |       |       |
| 2   |          |             |          |       |       |
| 3   |          |             |          |       |       |
| 4   |          |             |          |       |       |
| 5   |          |             |          |       |       |
| 6   |          |             |          |       |       |
| 7   |          |             |          |       |       |

**This log will become your first success story. Welcome to the world of real bread!**

# 6. CARING FOR YOUR SOURDOUGH STARTER

## Feeding & Storing Tips

Your sourdough starter is alive—and like any living thing, it thrives with the right care and a little love.

You've already done the hard work of bringing your starter to life. Now let's keep it active, bubbly, and ready to bake whenever inspiration strikes!

## Why Care Matters:

Caring for your sourdough starter means:

- Never having to start over
- Always being ready for spontaneous bread-baking
- Keeping your loaves full of flavor and rise power

## Feeding Routine (Room Temperature)

If you bake several times a week, store your starter on the counter and feed it daily.

### Here's how to feed:

1. **Discard** half of your starter (use it in pancakes or discard recipes!).
2. **Feed** the remaining starter with:
  - 100g of flour
  - 100g of filtered water
3. **Stir** with your silicone spatula until smooth.
4. **Mark** the height with your elastic band.
5. **Let** it rise at room temperature (70–75°F) until doubled—about 4 to 6 hours.

### Storing in the Refrigerator (for Occasional Baking)

If you're not baking often, your starter can nap in the fridge and still stay healthy.

#### **Here's how to maintain a cold-stored starter:**

1. Feed it as usual (100g flour + 100g water).
2. Let it sit at room temperature for 2–4 hours after feeding.
3. Cover loosely with the cloth lid, or tightly with the aluminum lid once cold.
4. Store it in the refrigerator for up to 7–10 days.
5. When ready to bake, take it out, let it come to room temp, discard, feed, and wait until bubbly and active again before using.

### Starter TLC Tips:

- Avoid metal containers or utensils with your starter, they can react with the acids.
- If your starter smells very acidic or has liquid ("hooch") on top, it's hungry! Feed it.
- Dark crust on the top? Scrape it off. Your starter is still good underneath.
- Going on vacation? Feed it, refrigerate it, and it'll be fine for 2–3 weeks!



# 7. MASTERING THE DOUGH – FROM MIXING TO PROOFING



This is where the magic begins — where your starter meets flour, water, and salt and begins its transformation into beautiful bread. Mastering this phase is all about learning to **trust your hands, your dough, and your process.**

Let's walk through it step by step, using the tools in your kit to make it easier and more intuitive.

### Tools You'll Use:

- **Dough whisk** – to gently incorporate ingredients
- **Silicone mat** – to keep surfaces clean and prevent sticking
- **Digital scale** – for accuracy (a must!)
- **Plastic or metal scraper** – for lifting and shaping
- **Banneton basket + liner** – for final proofing
- **Flour sieve** – for dusting your basket and dough

### Step 1: Mix (a.k.a. “Autolyse”)

In a large mixing bowl, **combine your flour and water** using the dough whisk. Mix just until no dry spots remain.

*Why this matters:* This rest period allows the flour to fully absorb water, starting gluten development and making the dough easier to work with. Let the dough rest for 30–60 minutes, covered with a damp towel or cloth lid.

### Step 2: Add Starter & Salt

**After the autolyse, add:**

- Your bubbly, active sourdough starter
- The salt

Mix again with your hands or the dough whisk until fully incorporated. This step kicks off fermentation.

### Step 3: Bulk Fermentation (a.k.a. First Rise)

Now we wait — but not passively. This is the most important phase for developing your bread's structure.

Place the dough in a clean bowl and cover it. Keep it at a warm room temperature (ideally 70–75°F).

#### Step 4: Stretch & Fold (Strength Building)

Over the next 4–6 hours, you'll **stretch and fold** the dough 3–4 times to strengthen the gluten network.

##### Here's how:

1. Wet your hands or use a light oil rub.
2. Grab one side of the dough, stretch it upward, and fold it over itself.
3. Rotate the bowl 90° and repeat on all four sides.

Do this every 30–45 minutes.

By the end, the dough should feel smoother, puffier, and more elastic.

#### Step 5: Preshape & Bench Rest

Once bulk fermentation is complete:

- Lightly flour your silicone mat or counter
- Use your plastic scraper to gently release the dough
- Shape it into a round or oval form and let it **rest for 15–20** minutes, uncovered

This “bench rest” helps relax the dough before the final shaping.

#### Step 6: Final Shaping & Proofing

Using your scraper, reshape the dough into a tight boule (round) or batard (oval).

1. Dust your **banneton liner** generously with **rice flour** using your **flour sieve**
2. Place your dough seam-side up into the banneton
3. Cover with the cloth lid or a towel

#### Cold Fermentation (Refrigerator Proof)

Place your covered basket in the refrigerator for 8–12 hours (overnight is perfect).

*Why we love this:*

Cold proofing makes scoring easier, enhances flavor, and fits easily into your schedule.



# 8. MASTER SOURDOUGH BREAD RECIPE



## INGREDIENTS:

- 100g active sourdough starter
- 350g warm water
- 500g bread flour
- 10g salt

## Step-by-Step with Tools:

1. Use your digital scale to weigh the flour and water. Mix them in a bowl using your dough whisk. Let sit 1 hour (autolyse).
2. Add your starter. Use the jar spatula to scrape it into the dough. Mix until incorporated.
3. Add salt and mix again with your dough whisk.
4. Bulk ferment for 4–6 hours, doing stretch and folds every 30 minutes. Use the plastic scraper to help during folds.
5. Lightly flour your banneton liner using the metal flour sieve and rice flour. Shape your dough and place it inside.
6. Cold proof overnight in the fridge.
7. Preheat oven to 450°F with your Dutch oven inside. Place dough onto the bread sling.
8. Score your dough using the bread lame.
9. Bake: 20 min covered, 20–25 min uncovered. Cool before slicing.

# SUGGESTED BAKING SCHEDULE

*If you like structure or are just getting started, here's a sample timeline to guide your bake. Feel free to shift based on your day!*

## Day One: Dough Prep & Fermentation

- **7:00 a.m.** – Feed starter
- **12:00 p.m.** – Mix flour and water (autolyse)
- **1:00 p.m.** – Add starter and salt and mix.
- **1:30 p.m.** – First stretch and fold
- **2:00 p.m.** – Second stretch and fold
- **2:30 p.m.** – Third stretch and fold
- **3:00 p.m.** – Final stretch and fold
- **3:30 p.m.** – Shape the dough, place in floured banneton, cover
- **4:00 p.m.** – Refrigerate for overnight proof

## Day Two: Bake & Enjoy

- **8:00 a.m.** – Preheat oven with Dutch oven inside
- **8:30 a.m.** – Transfer dough to bread sling and score
- **9:00 a.m.** – Bake your bread
- **10:00 a.m.** – Cool and slice

# 9. SCORING LIKE A PRO – DESIGNS, TIPS & TROUBLESHOOTING

Scoring isn't just about beauty—it's about control. When you bake sourdough, the steam inside the loaf needs a way to escape. Without proper scoring, your loaf might burst unpredictably or bake unevenly.

But when done right? You create a stunning design and help your bread rise to its full potential.



### Tools from Your Kit:

Bread lame with blades

Silicone mat (for safe practice)

### Why Scoring Matters:

- Controls the direction of the oven spring (rise)
- Prevents random tearing
- Creates visual appeal
- Helps develop crisp, defined crust edges

### Before You Score:

1. Use cold dough – Scoring is much easier right out of the fridge after overnight proofing.
2. Flour the surface – Lightly dust your loaf using the flour sieve. This makes the patterns pop.
3. Hold your lame at an angle – A shallow 30–45° angle creates an “ear” or flap when baked.
4. Be confident – Quick, decisive movements cut best.

### Simple Designs to Start:

Single Slash – Classic line down the center—creates great oven spring.

Leaf/Vine – One long cut with several curved side cuts.

Starburst – A small cross or star in the center—great for round loaves.

Spiral Swirl – Light surface cuts—purely decorative.

**Practice first on your silicone mat using your lame.**

### Common Scoring Issues & Fixes:

- Dough collapses when scoring
  - Over-proofed → Bake immediately or reduce final proof time
- Dough drags/tugs – Blade too dull or not confident → Use a sharp blade and cut quickly
- No “ear” or lift – Angle too vertical → Hold your lame at a shallow 30–45° angle

Uneven baking – No steam or scoring too shallow → Use Dutch oven with lid and deeper cuts

### Pro Tip:

Once you’re comfortable, use the back of your lame handle or a toothpick to sketch your design into the flour before scoring—it’s like drawing a stencil first!

# 10. TIME TO BAKE – OVEN SETUP, DUTCH OVEN TRICKS & MORE

This is the moment you’ve been waiting for—when your dough transforms into a golden, crusty, crackling loaf of sourdough magic. But baking is more than just setting a timer. It’s about heat, steam, timing, and setup.

Let’s make sure you know exactly how to bake with confidence, using the tools you already have.

## **Tools You’ll Use:**

-  **Bread sling** – for safe transfer
-  **Dutch oven** – for even heat and steam
-  **Bread lame** – for scoring (right before bake)
-  **Oven mitts** – hot oven = hot hands!
-  **Timer** – don’t wing it!

## **Dutch Oven = Your Secret Weapon**

Using a Dutch oven creates the perfect microclimate for sourdough:

- Traps moisture, giving you that coveted crust
- Distributes heat evenly
- Supports tall, proud loaves with a good rise

**Tip:** Preheat your Dutch oven for at least 30–45 minutes at 450°F before baking.

### **How to Bake Step-by-Step:**

1. Preheat your oven to 450°F with your Dutch oven inside.
2. Remove your dough from the fridge.
3. Turn the dough out of the banneton onto your bread sling (or parchment paper).
4. Score your dough with your bread lame.
5. Carefully place the dough (with sling) into the preheated Dutch oven.
6. Cover and bake for 20 minutes.
7. Remove the lid and bake uncovered for 20–25 more minutes, or until the crust is deep golden brown.

### **Total bake time: 40–45 minutes**

**Internal temp:** Fully baked sourdough should reach 200–210°F internally.

### **What if You Don't Have a Dutch Oven?**

No problem! You can use:

- A baking stone or sheet + an inverted metal bowl to trap steam
- A roasting pan filled with hot water on the lower rack (for steam)

Just know your crust may not be quite as blistered.

### **When It's Done**

Your bread is ready when:

- It's deep golden brown
- Sounds hollow when tapped
- Has a crisp crust that sings as it cools

**Let it cool fully (1–2 hours) before slicing to let the crumb set.**

# 11. LET'S TALK DISCARD – EASY, DELICIOUS RECIPES (WITH TOOLS)

Sourdough discard doesn't go to waste—it becomes pancakes, muffins, crackers, and more.



Use the jar spatula to cleanly measure discard.



Use the whisk and digital scale to mix ingredients precisely.



Use the silicone mat for easy rolling, kneading, and no-mess baking.



# SOURDOUGH DISCARD BAGELS RECIPE

Enjoy chewy, flavorful bagels using your sourdough discard.



### INGREDIENTS:

- 200g sourdough discard
- 250g warm water
- 500g all-purpose flour
- 10g salt
- 25g honey or sugar
- 5g instant yeast

### Boiling Solution:

- 2L water
- 20g honey or sugar
- 10g baking soda

### Instructions:

1. In a large bowl, combine sourdough discard, warm water, and honey. Stir.
2. Add flour, salt, and yeast. Mix to a shaggy dough.
3. Knead on a floured surface for 8–10 mins until smooth.
4. Cover and rise until doubled (about 1 hour).
5. Divide into 8 pieces (100g each), shape into balls, poke a hole in the center.
6. Let rise again 20 mins. Boil in the water solution 30 secs per side.
7. Bake at 430° for 20–25 mins until golden.



# SOURDOUGH DISCARD ENGLISH MUFFINS

Soft and fluffy, perfect for toasting.



## INGREDIENTS:

- 150g sourdough discard
- 240g warm milk
- 30g sugar
- 5g instant yeast
- 45g melted butter
- 5g salt
- 300g all-purpose flour
- Cornmeal for dusting

## Instructions:

1. Combine discard, milk, sugar, and yeast. Stir.
2. Add butter, salt, and flour. Mix to a soft dough.
3. Let rise 1 hour.
4. Roll to 1.5cm thick, cut with 8cm cutter.
5. Rest on cornmeal-dusted tray 30 mins.
6. Cook in a skillet on medium-low for 5–7 mins per side.
7. Cool before splitting and toasting.



# SOURDOUGH DISCARD PIZZA DOUGH

Crispy crust with classic sourdough tang.



## INGREDIENTS:

- 200g sourdough discard
- 150g warm water
- 5g instant yeast
- 10g salt
- 15g olive oil
- 300g all-purpose flour

## Instructions:

1. Mix discard, water, and yeast in a bowl.
2. Add salt, olive oil, and flour. Stir to form dough.
3. Knead until smooth. Rest 1–2 hours until doubled.
4. Divide and shape. Proof another 30 mins.
5. Preheat oven to 480°F with a baking stone.
6. Roll out, top, and bake 7–10 minutes until golden.



# SOURDOUGH BLUEBERRY COFFEE CAKE

**Moist, tangy, and topped with a buttery crumble—  
this coffee cake is the perfect use for discard.**



## INGREDIENTS:

- 100g sourdough discard
- 120g unsalted butter, softened
- 100g granulated sugar
- 1 large egg (approx. 50g)
- 100g Greek yogurt
- 150g all-purpose flour
- 5g baking powder
- 2g baking soda
- 2g salt
- 150g fresh or frozen blueberries
- **Optional:** 1 tsp vanilla extract

## Crumble Topping:

- 50g butter, melted
- 60g light brown sugar
- 60g flour
- 5g ground cinnamon
- Pinch of salt

## Instructions:

- 1.** Preheat oven to 350°F. Grease a 20cm square pan.
- 2.** In one bowl, cream butter and sugar. Add egg, yogurt, discard, and vanilla. Mix until smooth.
- 3.** In another bowl, mix flour, baking powder, soda, and salt.
- 4.** Combine dry and wet mixtures. Fold in blueberries.
- 5.** Pour into pan. Mix crumble topping ingredients and sprinkle over batter.
- 6.** Bake 35–40 mins or until toothpick comes out clean. Cool and enjoy.



# SOURDOUGH BLUEBERRY PANCAKES

Fluffy, flavorful pancakes with a sourdough twist—  
perfect for any morning.



## INGREDIENTS:

- 200g sourdough discard
- 150g milk or plant-based alternative
- 1 large egg (approx. 50g)
- 15g melted butter or oil
- 100g all-purpose flour
- 5g baking powder
- 2g baking soda
- 2g salt
- 15g honey or sugar
- 100g fresh or frozen blueberries

## Instructions:

- 1.** In a bowl, whisk together discard, milk, egg, and melted butter.
- 2.** Add flour, baking powder, soda, salt, and sugar. Stir until just combined.
- 3.** Fold in blueberries.
- 4.** Heat a skillet over medium heat and lightly grease it.
- 5.** Pour 1/4 cup (approx. 60g) of batter per pancake.
- 6.** Cook until bubbles form, flip, and cook until golden.
- 7.** Serve warm with syrup or butter.



# SOURDOUGH FLOUR TORTILLAS

**Soft, flexible tortillas with a sourdough flavor twist—perfect for tacos, wraps, and more.**



## INGREDIENTS:

- 150g sourdough discard
- 250g all-purpose flour
- 5g salt
- 40g vegetable oil or melted butter
- 100g warm water (adjust slightly if needed)

## Instructions:

1. In a bowl, mix all ingredients to form a soft dough.
2. Knead for 3–5 minutes until smooth.
3. Cover and rest the dough for 30 minutes.
4. Divide into 8 equal portions and roll into balls.
5. On a floured surface, roll each ball into a thin circle (approx. 20cm).
6. Cook on a hot skillet for 1–2 minutes per side until golden spots appear.
7. Stack cooked tortillas in a towel to keep warm.



# 12. SOURDOUGH TROUBLESHOOTING – FIXING FLAT, GUMMY, OR TOO SOUR LOAVES

Even the best bakers have loaves that flop, flatten, or turn out way too sour. Don't worry—it's all part of the journey. What matters is knowing how to fix it and grow from it.

Let's look at the most common sourdough issues and how to solve them—so your next loaf is always better than the last.

## **First, Don't Panic.**

Every “bad” loaf is a learning loaf. Some will be too flat. Others too dense. Some might even explode in the oven. That's okay! What matters is that you know why it happened—and how to adjust next time.



### Common Problems & How to Fix Them

- Flat loaf, no rise – Under-proofed or over-proofed → Use the poke test before baking. It should spring back slowly. Cold proof for better timing.
- Gummy crumb inside – Underbaked or high hydration → Bake longer with the lid off. Check for 200–210°F internal temp. Try reducing water slightly.
- Too sour – Starter sat too long between feedings → Feed starter more frequently or use younger starter for a milder flavor.
- Crust too thick – Baked too long or dry oven → Reduce lid-off bake time or try using a pan of water for extra steam.
- Pale crust – Oven not hot enough → Preheat longer or raise oven temp to 475°F for first 10 mins.
- Dough stuck to banneton – Not enough flour or proofed too long → Use rice flour generously with your flour sieve. Chill dough before removing.
- Uneven rise or bursting – Weak score or bad shaping → Score deeper and use proper shaping technique to build tension.

### Bonus Tips from Experience:

-  Use rice flour, not wheat flour, in your banneton to prevent sticking. It doesn't absorb moisture as quickly.
-  Let the loaf cool completely before slicing—this sets the crumb and improves texture.
-  Don't be afraid to start over with your starter if it seems weak or sluggish.
-  Take notes in your baking log—what worked, what didn't, and how the dough felt.

# 13. WHAT I WISH I KNEW – BAKER WISDOM FROM EXPERIENCE

Sourdough baking is as much about intuition and rhythm as it is about flour and water. You'll learn through trial and error, but wouldn't it be nice to know a few secrets up front?

This section is your behind-the-scenes guide—what experienced bakers wish they knew when they started. Think of it as a shortcut to success, straight from one home baker to another.

## **Mindset Shifts That Matter**

- It's a journey, not a race. Your first loaves may not be perfect—and that's okay. Each bake teaches you something new.
- "Bad" loaves are still good food. Flat loaves? Slice thin, toast, or turn into croutons. Gummy? Try grilling slices. You can always salvage!
- You're not failing—your starter is just adjusting. If your starter isn't rising much early on, it's probably just getting into rhythm. Be patient and consistent.

### **Tips You'll Wish You Knew Sooner**

Use a scale (grams!) – Baking is science—measuring by weight improves accuracy 100x.

Cold dough is easier to shape – Chill your dough before shaping or scoring for better control.

Rice flour in the banneton – Prevents sticking better than regular flour—every time.

Stretch and fold instead of kneading – It's easier, cleaner, and builds strength beautifully.

Don't skip the preheat – A blazing hot oven + Dutch oven = oven spring magic.

Let the loaf cool completely – Cutting too early makes the crumb gummy. Wait at least 1 hour.

### **Real Talk: What Instagram Doesn't Show You**

-  Some days your dough will feel weird and unshapable. That's normal.
-  Everyone talks about “ears” and scoring—but shaping matters just as much.
-  Your kitchen temperature changes everything. What works in winter might flop in summer.
-  Even pros bake flat loaves sometimes. You're doing great.

# 14. YOUR PERSONAL BAKING LOG

**Track your sourdough journey—every loaf, every lesson.**

This section is your personal space to record how each bake went. The goal? To help you refine your technique, troubleshoot, and celebrate how far you've come. Learning to bake sourdough is a journey—and your notes matter.

**You can record:**

- The recipe used
- Type of flour
- Ambient temperature
- Starter condition
- Rise time
- Any challenges
- Outcome of the loaf
- Final score:
- What you'd change next time



*These pages are for YOU. Don't worry about perfect handwriting. Scribble in the margins, doodle crust cracks—let it be yours.*



# MY SOURDOUGH BAKING LOG

|                                                  |  |
|--------------------------------------------------|--|
| Date:                                            |  |
| Recipe Used:                                     |  |
| Starter Status<br>(active, bubbly,<br>sluggish): |  |
| Prep / Proof / Bulk<br>/ Total Time:             |  |
| Ingredients/ Flour<br>type:                      |  |
| Method/<br>Hydration Level:                      |  |
| Comments &<br>Adaptations:                       |  |
| Scoring Style:                                   |  |

# MY SOURDOUGH BAKING LOG

|                                                  |  |
|--------------------------------------------------|--|
| Date:                                            |  |
| Recipe Used:                                     |  |
| Starter Status<br>(active, bubbly,<br>sluggish): |  |
| Prep / Proof / Bulk<br>/ Total Time:             |  |
| Ingredients/ Flour<br>type:                      |  |
| Method/<br>Hydration Level:                      |  |
| Comments &<br>Adaptations:                       |  |
| Scoring Style:                                   |  |

# MY SOURDOUGH BAKING LOG

|                                                  |  |
|--------------------------------------------------|--|
| Date:                                            |  |
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| Ingredients/ Flour<br>type:                      |  |
| Method/<br>Hydration Level:                      |  |
| Comments &<br>Adaptations:                       |  |
| Scoring Style:                                   |  |

# 15. THIS KIT IS ALL YOU NEED – LET’S BAKE AGAIN!

You did it! You made it through the starter phase, the folding, the flour-dusted counters, the proofing waits—and best of all, you created something amazing from just flour, water, salt, and time.

## **And that’s the magic of sourdough.**

Whether your first loaf was beautiful or a bit wonky, what matters most is that you started. That’s more than most people do. And now you have every tool, every tip, and every ounce of confidence you need to do it again (and again).

Your starter is alive.

Your hands are skilled.

Your kitchen is your bakery now.

Come back to this book whenever you need inspiration, clarity, or just a reminder that yes, **you can absolutely do this.**

Because this kit—**your kit**—was built for bakers just like you.

Now go on...

**Bake again. Share it. Name your next loaf. Inspire someone.**

We’re cheering you on.

With love, from one home baker to another.

