

How to Make Sourdough Starter

Online class by Carlos Caicedo, Head Baker of Amarelo Bread

Class Length: 1.5 hours

DESCRIPTION

In this 1.5 hour class, you'll learn the basics of how to create and maintain your very own sourdough starter from scratch. Baking with a sourdough starter provides additional health benefits and better flavor to your baking. Sourdough starter is an all-natural form of wild yeast that you can use to make your own delicious baked goods from sourdough bread to pizzas, bagels, pancakes, and more. During this session, we'll demystify what it takes to make and maintain an active and healthy sourdough starter. We'll break down the basic concepts and process, from feeding to maintenance, so that you can be in control of the process. I'll even offer different alternatives according to your busy schedule. With the step-by-step process provided, you'll be on your way to baking sourdough in less than two weeks!

Note: This class focuses on the creation and maintenance of the sourdough starter only. Baking classes will be offered separately at a later date.

This class is for you if you have:

- > Always wanted to bake sourdough bread or other baked goods, but aren't sure where to start
- > Tried making a sourdough starter in the past, but it didn't go well and you tossed it out
- > Been gifted a sourdough starter or have access to one, but aren't sure how to feed and maintain it
- > Had some experience with sourdough in the past, but are looking for more clarity in the process

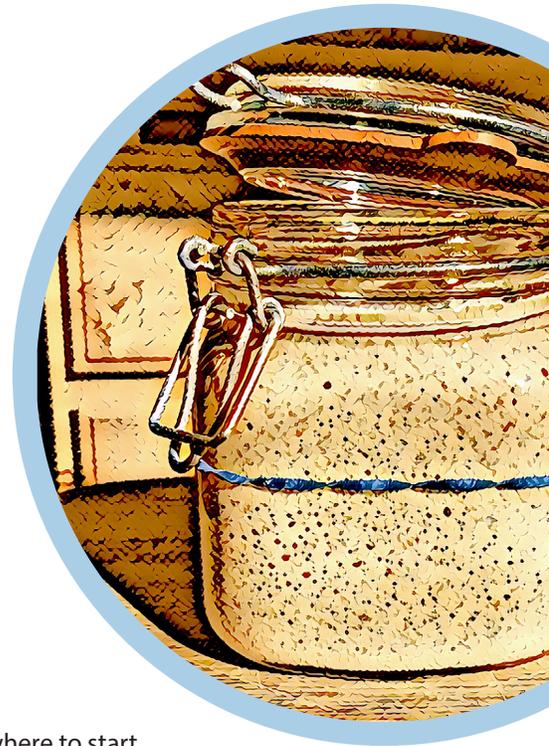
WHAT YOU'LL NEED FOR CLASS

INGREDIENTS:

- > 5 lbs whole wheat flour (preferably organic and stoneground; if you can find local, even better!)
- > 5 lbs unbleached all-purpose white or bread flour (should be wheat, protein content between 11-13%; preferably organic and local if possible)

MATERIALS:

- > Digital kitchen scale (to accurately weigh flour)
- > Digital kitchen thermometer (for water temperature)
- > Medium-sized mixing bowl
- > Measuring cups
- > Liquid measuring cup
- > Rubber spatula
- > Glass jar (medium-size, no smaller than 10-12 oz)
- > Rubber bands
- > Piece of cloth or lightweight dish towel
- > Masking or painters tape (any tape that's not translucent)



ABOUT YOUR BREAD COACH, CARLOS CAICEDO



Carlos has spent a decade perfecting long-fermentation, artisanal bread-making. Throughout this journey, Carlos continued his search for "the perfect loaf" throughout Europe and across the United States. He has experience working in bakeries from Chicago to California. In 2011, Carlos

opened "Spika Bread" in his hometown of Cali, Colombia. In 2018, started "Amarelo Bread" in Seattle, focused on hearty and delicious whole grain and sourdough breads. All this time, Carlos' focus has remained consistent: making healthy and nutritious (while also delicious!) bread with sustainable local ingredients and processes. Carlos is also a teacher who loves to learn and share knowledge. Now he's opening up online classes to bring the joy of sourdough baking into your home.