

# Home Made Yeast Cheat Sheet

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## Wild Yeast Starter

### Notes:

\*This is how our ancestors made bread before commercial yeast was available

\*\*These instructions use flour. It's also possible to make wild yeast using cooked potatoes or other starchy vegetables such as sweet potatoes, parsnips, chickpeas, beans, or peas.

\*\*\*Wild yeast will have a pleasant sour, acidic smell. It should not smell rancid. You will know if it has gone bad!

### Instructions – Cultivating the Yeast

1. Clean a glass jar which is at least 1 quart in size.
2. Mix equal parts by weight flour and water (usually 2 Tbsp. water to 3 Tbsp. flour)
3. Stir the flour and water until completely mixed together.
4. Cover the jar loosely with a lid or cloth.
5. Set aside at room temperature in a dark place, such as in a cupboard.
6. Every 24 hours, add another 2 Tbsp. of water and 3 Tbsp. or flour and stir.
7. After about 5 days, the mixture should be bubbly.

### Using the Yeast Starter

- You'll need approximately  $\frac{3}{4}$  to 1 cup of starter to make a loaf of bread.
- Wild yeast starter is equal parts by weight flour and water. To use in recipes, you'll need to subtract equal parts flour and water from the recipe and replace with the starter.
- If you can't weigh ingredients, use this general guideline: For each cup of starter, remove  $\frac{3}{4}$  cup of flour and 7 Tbsp. (0.4 cups). of water from the recipe.

### Maintaining the Starter

1. Starter must be fed to be kept alive
2. Discard or use all but  $\frac{3}{4}$  cup of the starter
3. Feed the starter with 1 cup flour and  $\frac{1}{2}$  cup water
4. Mix well, cover loosely, and let sit on the counter for 5-8 hours or until bubbly

5. Put in the fridge
6. Repeat steps 2-5 weekly
7. To use refrigerated starter,
  - a. Remove starter from the fridge
  - b. Feed it with flour and water
  - c. Let it sit for at least 5 hours or until bubbly before using

\*If you store your starter on the counter or a warm place, it will need to be fed daily. Discard half of the starter and feed it with 2 Tbsp. of water and 3 Tbsp. of flour.