

GROW YOUR ROCCELLA SOURDOUGH STARTER

We've been giving away sourdough starters lately and I get a lot of questions about keeping them fed, healthy and happy. So, I thought I'd show you all how I do it.

Post your results to IG or FB and tag @roccella.melbourne.

Get in contact with me via our socials if you've got any questions.



What You Need

Roccella Sourdough Starter ~ 100gr

Water ~ 100gr

Organic Flour ~ 100gr

What You Do

1. Mix together the water and your Roccella Sourdough Starter
2. To feed the starter, add organic flour and keep mixing until you see it's smooth and creamy. Ideally you'd use a planetary mixer or your favourite household mixer.
3. Repeat Step 2 (feeding) once every 24 hours if you keep it at room temperature or once every 5 days max if you keep the starter in the fridge.

~ Tips ~

* Keep in mind that every time you have finished these steps, you will have 300gr or final product. It is up to you what is the final quantity you want to keep. You might keep only 100gr and waste or use the other 200gr.

* Before you use the sourdough starter in a recipe, you need to think about how much you will need for the pizza or bread as you will need to make enough to use both in the recipe and to keep as the 'mother'. No matter what you're making, you can use this starter instead of yeast. I like to use the general rule of 30% for pizza and 50% for bread.

Roccella

USE ROCCELLA SOURDOUGH STARTER TO MAKE PIZZA DOUGH

Here's an example of how to use our sourdough starter to make a simple pizza dough.

What You Need

Roccella Sourdough Starter ~ 300gr
1kg Flour 00 (protein 11-13)
Water ~ 580-650gr
Fine salt ~ 30gr



What You Do

If you want to keep 100gr of mother starter, you will need to have 400gr of starter - 300gr for the pizza dough and 100gr for the starter.

To get that, you have two options.

Option 1: A day before mixing the dough, I will keep 150gr of starter so the day after I will have 150gr + 150gr + 150gr = 450gr. This is 300-350gr for the pizza dough and 100 for the mother starter.

Option 2: I can mix the starter as usual and have 300gr of final product which I will keep 100gr for the mother and 100gr on the side to feed again after 3 hours - 100gr + 100gr + 100gr.

After the second feed, wait another 3 hours before you use the starter in your recipe.

~ Tips ~

* After any feed, first or second (in case of Option 2), wait always 3-5 hours before you use the starter in your recipe.

* If you use any type of mixer, use the fastest speed setting for the last minute of mixing. This will mix more air into the dough to make it grow more and be more elastic.

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