Feeding your starter

Ten minutes a week keeps it strong.

Daily feed, 1:5:5

Starter kept	20 g
Flour	100 g
Lukewarm water	100 g
Peak at room temperature	6 to 10 hours

Signs to read

Doubled, domed, bubbly	At its peak. Use it now.
Collapsed, streaky jar	Past its peak. Feed again.
Grey liquid on top	Hungry. Pour off, then feed.
Barely rises	Too cold. Move it somewhere warm.

Fridge routine

Feed once a week and keep it in the fridge.

Before baking, give it two feeds at room temperature.

A spoonful of rye flour in each feed helps it rise.