



---

# Sourdough Starter Guide

Day 1–14 · What to do + what to expect (no guesswork)

---

**Watch along as you go.** This guide has 4 short video clips that show you exactly what each stage looks like in real life. Visit the link below to watch them alongside this guide. No guesswork, just baking.

[hoodyssourdoughkitchen.com.au/freebies](https://hoodyssourdoughkitchen.com.au/freebies)

## WHAT YOU NEED

- Wholemeal flour (Day 1)
- Bread or plain flour (from Day 3 onward)
- Water
- A jar
- A spoon
- A scale

## BEFORE YOU START

Your starter will look dead at some point.

It may smell bad before it smells good.

It will change consistency more than once.

### Temperature matters more than you think:

If your house is cold, use tepid (slightly warm) water to help things along. If it's warm, you can use cool or cold water.

*This is all normal. Don't restart. Don't overthink it.*

---

---

## DAY 1

### Start

Mix **50g wholemeal flour** with **50g water** until it forms a thick paste.

Cover loosely and leave at room temperature.

*You'll see a thick, slightly grainy mixture with no activity.*



WATCH: DAY 1, THE INITIAL MIX

<https://hoodyssourdoughkitchen.com.au/freebies#video-day1>

---

## DAY 2

### Leave It Alone

Do nothing. Just leave it at room temperature.

*You might see a few bubbles, or nothing at all. Both are completely normal.*

---

## DAY 3

### First Feed

Discard roughly half so you're left with about **50g starter**.

Feed **50g flour + 50g water** (1:1:1).

Switch to bread or plain flour (or a mix).

You'll likely see a sudden increase in bubbles and some rise. It may smell a bit strange. *This is not a sign it's ready. It's just early bacterial activity.*



WATCH: DAY 3, FIRST FEED & WHAT TO EXPECT

<https://hoodyssourdoughkitchen.com.au/freebies#video-day3>

---

## DAYS 4–6

### Keep Going

Discard down to about **50g starter**, then feed **50g flour + 50g water** daily.

Your starter may look quieter, flatter, and less active than before. **This is the stage where most people think they've failed.**

*You haven't. Keep going.*



WATCH: DAYS 4 TO 6, THE QUIET STAGE (YOU HAVEN'T FAILED!)

<https://hoodyssourdoughkitchen.com.au/freebies#video-day4>

---

## DAYS 7–10

### Strength Building

Continue the same daily feeding routine.

*(You can increase ratios later if you want, but you don't have to.)*

You'll start to see more consistent bubbles and a stronger rise. The texture will become lighter and more aerated.



WATCH: FEEDING ON THE SCALES

<https://hoodysourdoughkitchen.com.au/freebies#video-feeding>

---

## DAYS 10–14

### Ready Stage

Keep feeding consistently.

Your starter should now:

- Double in size after feeding
- Have a predictable rise time
- Smell slightly tangy rather than unpleasant

*At this point, it's ready to bake with.*

---

## SIGNS YOUR STARTER IS READY

- It doubles in size within 4–8 hours
- Bubbles are visible throughout (not just on top)
- It rises and falls consistently
- It smells slightly tangy, not foul

---

## TROUBLESHOOTING

**No bubbles:** It may be too cold, or the flour needs adjusting

**Smells bad:** Normal in the early days, it gets better

**Not rising:** Keep feeding, it's still developing

**Mould:** Discard and start again

---

---

## WHAT NEXT

Your starter is ready. You can now bake your first loaf or continue maintaining it at room temperature.

You can also store it in the fridge once established. If you do, try to feed it consistently once to twice a week, especially in the early days, to keep it healthy.

*Your starter didn't die. You just didn't wait long enough.*

---

Watch the video guide at [hoodyssourdoughkitchen.com.au/freebies](https://hoodyssourdoughkitchen.com.au/freebies) · More free guides & tools at [hoodyssourdoughkitchen.com.au](https://hoodyssourdoughkitchen.com.au)

© 2026 Hoody's Sourdough Kitchen · TikTok: @hoodys\_sourdough\_kitchen · Instagram: @hoody\_bakes

