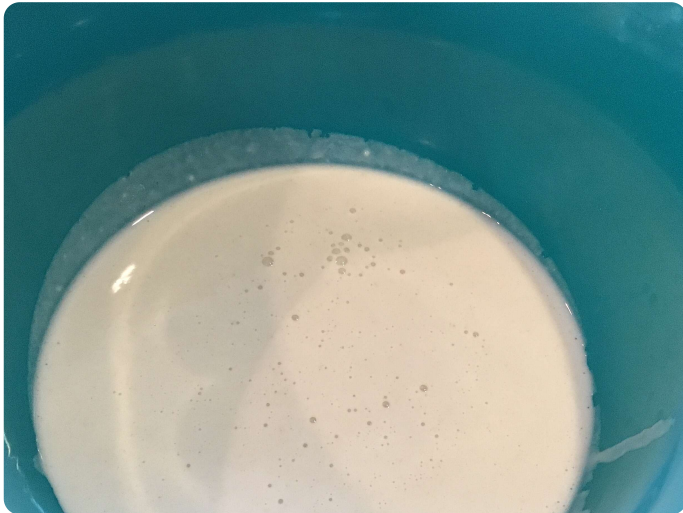




Herman Sourdough Starter

Jacob · 28/09/2024



Prep Time

6 days 22 hrs 40 mins

Difficult

Medium

Servings

8

Description

This is a recipe for a sweet sourdough starter known as Herman. There are a number of things that can be made from it. It's very important to NOT use metal utensils or bowls. It will take 15 days for the starter to mature and be ready to use the first time you make it. After that, it can be ready for use every 10 days.

Ingredients

- 2 ¼ teaspoons active dry yeast - 2 cups warm water (110 degrees F/45 degrees C) - 2 cups all-purpose flour - ¼ cup white sugar - 1 cup white sugar
- divided - 2 cups all-purpose flour
- divided - 2 cups milk
- divided

Instructions

1. In a large glass or plastic container
2. dissolve the yeast in warm water. Stir in the flour and sugar
3. mix until smooth. (DO NOT USE A METAL SPOON)! Cover loosely and store in a warm place overnight.
The next day
4. stir and refrigerate. Stir once each day for the next four days. On the fifth day
5. stir
6. then divide in half. Give half away with feeding instructions. Feed starter with 1/2 cup white sugar
7. 1 cup flour
8. and 1 cup milk. Stir until smooth. Cover and place in refrigerator. Stir once each day for next four days. On the tenth day feed again with 1/2 cup white sugar
9. 1 cup flour
10. and 1 cup milk. Return to refrigerator and stir once each day for the next four days. On the fifteenth day it is ready to be used for baking. Reserve one cup of the starter in the refrigerator and continue to follow the stir and feed cycle (Stir once a day for four days
11. stir and feed on the fifth day
12. ready for use on the tenth day.)