

#Quarantinystarter Project

[Link to video introduction: Please watch while reviewing this assignment!](#) It now has sound (but you may have to wait a few minutes for it to process)!!

Focus Question: How might we capture and grow our own source of yeast to use to bake bread with ingredients we have at home?

Background:

Source: The following excerpt is from *Cooks Illustrated*, BY ANDREW JANJIGIAN PUBLISHED MARCH 26, 2020

“If you don’t know, a sourdough starter—also called a *levain*—is a mixture of flour, water, and a collection of wild yeasts and bacteria that together serve to leaven bread (help it rise). These yeasts and bacteria are naturally present on kernels of wheat and on flour ground from them, but it takes time for them to multiply to the point where they can actually produce a loaf of bread.

The process of creating a sourdough from scratch typically involves mixing flour and water together and then letting the mixture sit for a day or more until the dormant microorganisms on the flour wake up. After that, you “refresh” the nascent culture (original mixture) on a daily basis by moving a portion of it to a new mixture of flour and water and discarding the remainder. Sometime after 2 to 3 weeks or so of doing this, the starter will be ready for prime time. Using a typical recipe—**my own Cook’s Illustrated one** among them—this might churn through a few pounds of flour, all before baking a single loaf of bread.

But given that even flour is a challenge to find these days, people are unlikely to want to waste it, even if it meant a successful starter at the end of the day. That’s why I wondered: *What if instead you could create one using just tiny amounts of flour and conserve the bulk of it for the bread itself?”*

Task: We baked bread together in the fall to learn about yeast, a unicellular fungus. Now we are going to start a project that will hopefully bring us back together even though we cannot be in the same classroom. Your challenge is to create your own sourdough starter (a source of yeast) that you can use to bake bread in about two weeks.

Instructions:

1. Day One Setup: [Watch this video for instructions on how to start this project.](#) ***Added instruction: Make sure the container you are using is very clean so that you don't grow mold or other organisms that won't help with the bread baking process! Also, contact me for gluten free options for this project.
2. Start your journal. [Click on this link to see instructions for your journal.](#)
3. Day Two (or maybe three if your starter isn't active yet) Feeding: [Watch this video for instructions on how to feed your starter on day two or three.](#)
4. Every day for at least 14 days: Repeat step 3 and feed your starter. Fill out your journal each day.