Sourdough Maintenance

Here's MY Sourdough Schedule — But You Do You, Boo!
This is what works in my kitchen. It doesn't mean you have to do it the same way! Find a routine that works for your family and your schedule.

- I feed my starter 5 times a week.
- I only discard when I'm not baking.
- I bake 3–4 times a week.
- When I'm baking, I usually mix up enough dough for 2–3 different recipes at once. Might as well get 'er done!
- For most recipes I mix up my dough at night, put it into bowls with lids, and leave it on the counter overnight.
- In the morning, I grab my coffee and get to shaping! Bagels, pizza, whatever's on the agenda.

The point? Sourdough doesn't have to take over your life. Make it work around your schedule, not the other way around.

Cheers to Bread Independence!
Laura
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