

Yeast Watch!

Sourdough Bread Starter

Yeast is an important ingredient in bread. You can buy yeast in the store, but there is free yeast all around you. The air we breathe has natural yeast in it! You can make that yeast grow bigger by feeding it flour and water. In about one week you can have enough yeast to make a special type of bread ancient people ate called sourdough.

DIRECTIONS: The ingredients to grow sourdough yeast are easy to find. Flour, water, and air! But when will your sourdough be ready? Use this sheet to observe your sourdough carefully. How big does it get? How long does it rise? How many bubbles can you see?

TOOLS: Two identical clear containers/jars, flour, measuring cups, and water



WARNING: Do not try to use or eat your yeast unless your parents think it's safe.

Day One: Mix it!

1. In one container mix $\frac{1}{2}$ cup flour and $\frac{1}{2}$ cup water.
2. Leave the container out somewhere in the kitchen where it's not in the way. Leave the lid off. (You want the yeast in the air to mix with the flour and water!)
3. Measure your mixture. How tall is it?

Observations

Height of mixture:

Color of mixture:

Bubbles? NONE SOME MANY

Describe the smell:

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Day 2: Transfer it!

1. Wait about one day, then observe your mixture. Measure it and smell it.
2. In the second container mix $\frac{1}{4}$ cup flour and $\frac{1}{4}$ cup water
3. Stir in a $\frac{1}{2}$ cup of your mixture from yesterday in the new jar.
4. Pour out the rest of yesterday's mixture and clean the jar. You'll need it tomorrow!
5. Leave the container out. You can put a lid on now if you want.
6. Check on your jar a couple times throughout the day. Add measurements if it grows!

Observations

Height of mixture:

Color of mixture:

Bubbles? NONE SOME MANY

Describe the smell:



This jar has some bubbles.



Close-up on the bubbles.

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Day 3: Do it Again!

1. Repeat the steps from yesterday. Start with making observations and measurements.
2. You may begin to notice some changes. Did it grow over night? Are there bubbles starting to form?
- 3.
4. If you begin to see some bubbles you can start putting a lid on the container overnight. It means your yeast is growing!
5. Check on your jar a couple times throughout the day. Add measurements if it grows!

Observations

Height of mixture:

Color of mixture:

Bubbles? NONE SOME MANY

Describe the smell:



Yeast after transferring to a new jar.



This yeast got about four times bigger in about a day!

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Day 4: Is it alive?

<ol style="list-style-type: none"> 1. Repeat the steps from yesterday. Start with making observations and measurements. 2. You should begin to notice some changes. There should be more bubbles. The more bubbles, the taller the mixture! 3. Check on your jar a couple times throughout the day. Add measurements if it grows! 	<p style="text-align: center;">Observations</p> <p>Height of mixture:</p> <p>Color of mixture:</p> <p>Bubbles? NONE SOME MANY</p> <p>Describe the smell:</p>
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Day 5: Keep Going!

<ol style="list-style-type: none"> 1. Repeat the steps from yesterday. Start with making observations and measurements. 2. Look for trouble signs. <ul style="list-style-type: none"> • Turns green or brown • Smells like bleach. <p>If you see trouble signs throw out your mixture and try again!</p> 	<p style="text-align: center;">Observations</p> <p>Height of mixture:</p> <p>Color of mixture:</p> <p>Bubbles? NONE SOME MANY</p> <p>Describe the smell:</p>
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Yeast isn't the only thing in the air we breathe. Not all bacteria in the air is good! You could accidentally end up growing mold instead of yeast! If the color changes too much or the smell gets very bad, it's a sign you're growing the wrong thing!



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Day 6: Is it growing?!

<ol style="list-style-type: none"> 1. Repeat the steps from yesterday. Start with making observations and measurements. 2. By now your mixture should be bubbling and growing a lot overnight. 3. It may take a few more days before it begins to double in height. As long as it's bubbling and smells a little yeasty keep feeding it! 	<p style="text-align: center;">Observations</p> <p>Height of mixture:</p> <p>Color of mixture:</p> <p>Bubbles? NONE SOME MANY</p> <p>Describe the smell:</p>
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Day 7: Ready?

<ol style="list-style-type: none"> 1. Repeat the steps from yesterday. Start with making observations and measurements. 2. By now your mixture should be starting to about double in size overnight. Keep feeding it every day until it does! 3. Once it doubles in size overnight you are ready to bake your first sourdough! You have a healthy, happy growth of yeast! 	<p style="text-align: center;">Observations</p> <p>Height of mixture:</p> <p>Color of mixture:</p> <p>Bubbles? NONE SOME MANY</p> <p>Describe the smell:</p>
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There are many recipes for sourdough bread online. Work with your parents to pick a recipe! You can also give your sourdough yeast to a friend or neighbor if you don't like to bake!

