

SIDE DISH

Sourdough Starter IV

3 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
1180 min	35 min	1145 min	8	\$0.16	144 kcal

You can never have too many side dish recipes, so give Sourdough Starter IV a try. This dairy free, lacto ovo vegetarian, and vegan recipe serves 8 and costs 16 cents per serving. One portion of this dish contains roughly 4g of protein, 0g of fat, and a total of 144 calories.

Ingredients

- ☐ 4 russet potatoes, peeled
- ☐ 1 cup unbleached all-purpose flour
- ☐ 1½ teaspoons white sugar
- ☐ ½ teaspoon salt
- ☐ 4½ cups water

EQUIPMENT Bowl, Sauce pan, Pot, Measuring cup, Cheesecloth

Method

- 1

Combine potatoes and water in a small stock pot or medium saucepan. Cover and boil until potatoes are tender, about 35 minutes.
- 2

Drain cooking liquid into a large glass measuring cup. Reserve potatoes for another use.
- 3

Transfer 1 1/4 cups of potato liquid to large ceramic or glass bowl.
- 4

Add flour, sugar and salt to bowl; stir to combine. Cover bowl with cheesecloth and let stand at room temperature until starter begins to ferment and bubble, about 4 days. Starter is now ready to use.
- 5

Transfer to covered plastic container and store in refrigerator. Feed starter every 2 weeks. Begin each feeding by discarding all but 1 cup.

- 6 Mix 1 cup flour and 1 cup warm water (105 to 115 degrees F) into remaining mixture. Cover with plastic; let stand at room temperature overnight. Replace lid; return to refrigerator.

Nutrition per serving

144	4 g	0 g	32 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.1 g · 0% of daily needs
Fibre			1.8 g · 7% of daily needs
Sugar			1.5 g · 2% of daily needs
Sodium			158 mg · 7% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			6.1 mg · 7% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/sourdough-starter-iv-147479