

Sourdough Discard Math

For a starter that is made of 1 part
flour, 1 part water and 1 part starter
(1:1:1)

To Add Discard to a recipe:

Start with 1 cup of discard weighing around 227g

Subtract half of that (113g or 1/2 cup) of water or
liquid from the original recipe

Subtract half of that (113g or 1/2 cup) of flour from
the recipe.



Tips for Success:

Find a recipe that has a good amount of liquid to
subtract from.

Muffins, brownies, chocolate chip cookies, pancakes
and waffles are a great place to start! You can even
add it to cake!

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