

Sourdough Starter: Amish Potato Flake Sourdough Starter

Ingredients:

- 1 cup water
- $\frac{1}{3}$ cup potato flakes
- $\frac{1}{3}$ cup sugar

Instructions:

1. In a small saucepan, combine **water, potato flakes, and sugar**. Bring to a gentle boil, stirring occasionally.
2. Allow the mixture to **cool to 100°F (or cooler)**, then pour it into a jar. Cover loosely with a lid to allow air to circulate.
3. **Stir the starter daily**. Within a few days, you should begin to see **bubbles**, a sign of fermentation.
4. Once fermentation starts, **feed the starter** using the same ingredients, making sure the mixture has cooled to 100°F or below before adding.
5. Continue **stirring daily** and watch for bubbles. Do **not feed every day** until you see active fermentation.
6. Keep only **1 cup of starter** for feeding or baking; discard any extra.
7. When the starter is active and bubbly, it's ready to use. Store in the **refrigerator**, and feed only on the days you plan to bake bread.

Tips:

- Active bubbles indicate your starter is healthy and ready to bake.
- Be patient — fermentation may take several days.
- Use this starter for **Amish Potato Flake Bread, Amish Friendship Bread**, or other sourdough recipes.