

Translations:Pain au levain/5/en

- Weigh the sourdough
- Add 50% flour and 50g water (for example, if the sourdough weighs 40g add 20g flour and 20g water).
- Then leave it alone (while it eats)
- Come back in a few hours to see if your sourdough has been activated. To do this, look to see if it is bubbling