

# Task sheet

## Understanding your starter

Understanding your starter gives an indication of how the timings and fermentation [and the on gluten and digestibility and breakdown](#) of FODMAPS is going to behave when you are baking with this starter.

Name of task .....

Task number .....

### How to use this sheet

Your specific instructions for this task can be found on the task page.

1. Please print these sheets and fill in the details. Write your notes next to the x on the graph to plot the visual details of the structure of the mixture.
2. Make sure that you mark on the graph below when your starter peaks and begins to drop. This is the optimal time to bake with it. However, if your starter is old then your mixture will be slower than if you have recently refreshed it, so often we suggest that you run this task [twice](#) back-to-back. To do this, reprint this sheet and repeat the task, then you can make a direct comparison between the leavening power of an older starter vs a refreshed one. From this, you can work out how far apart you need to do a double refresh to get a good rise.
3. On the bottom margin, [please note the smell in the margin your bread](#).
4. Take a photo of your jars and add to [the forum POST with your comments](#) (please try not to add your own post separate from the main post)
5. We will discuss the observed differences in the following weeks' live session.



When was your starter last refreshed? (circle one)

4 hours 8 hours 12 hours 24 hours 48 hours 1 week 2 weeks 3 weeks

Weight of flour ..... grams

Amount of starter ..... grams

Amount of water ..... grams

What was the temperature of the water? .....

Which flour/s did you use? .....

How old was your flour? .....

Was your flour roller milled or stone ground? .....

What protein level is in your flour? .....

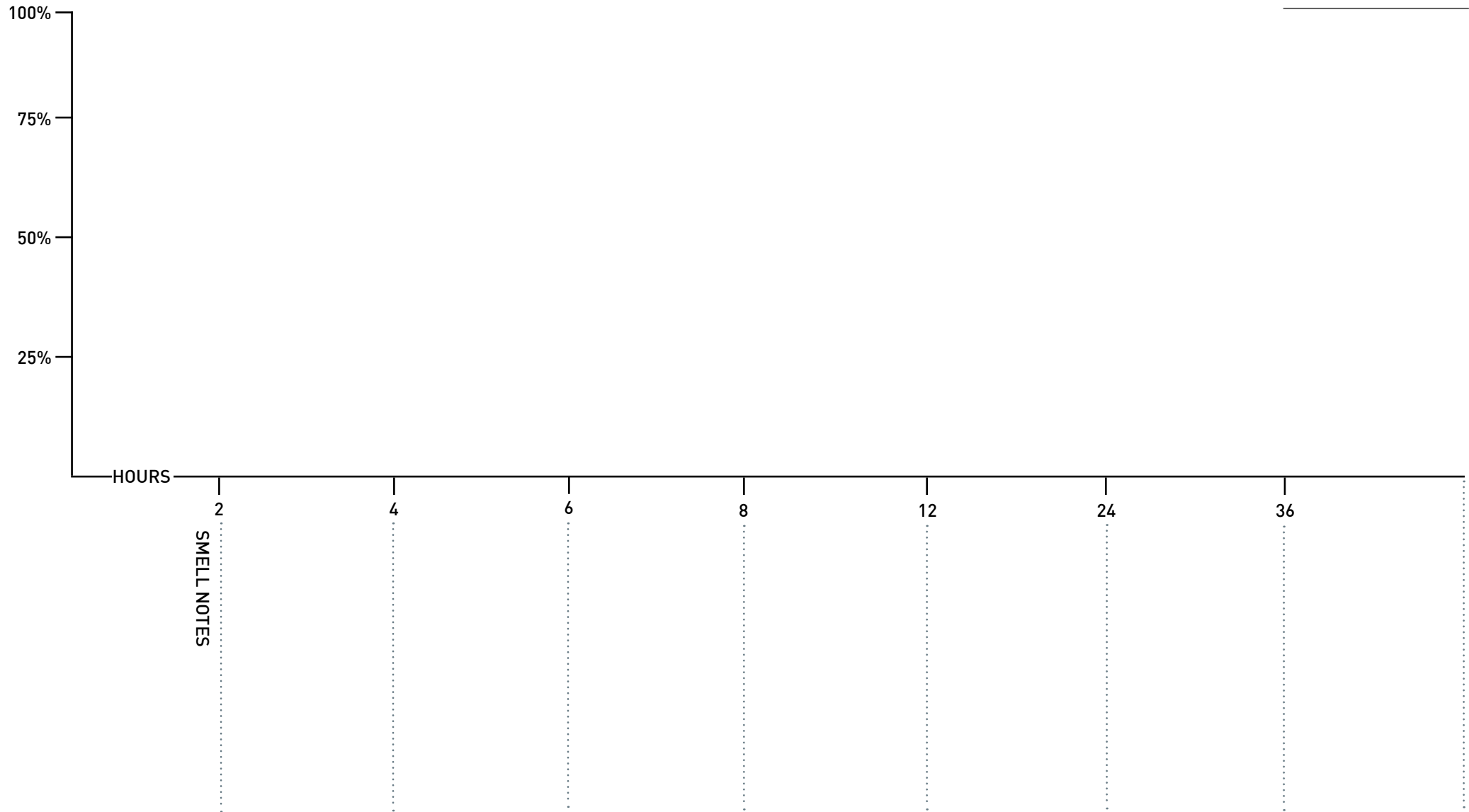
What was the temperature of the room? .....

At what time did the mixture reach a high-point on the jam jar (ie doubled in volume) and at what time had it dropped by 20%?

This range is from ..... to .....

# Starter task

REFRESHMENT  
VOLUME



THE  
SOURDOUGH  
SCHOOL

Observations

	after 2 hours	after 4 hours	after 6 hours	after 8 hours	after 12 hours	after 24 hours	after 36 hours
<b>VISUAL</b>							
A hooch has formed							
It has dropped 100%							
It has dropped 75%							
It has dropped 50%							
It has dropped 25%							
It has risen 100%							
It has risen 75%							
It has risen 50%							
It has risen 25%							
I can see small bubbles							
It hasn't moved							

**SMELL**

Butyric acid (old cheese) smell							
Acetone smell							
Fruit smell							
Strong sour smell							
Light sour smell							
Strong yoghurt smell							
Light yoghurt smell							
No smell							

