

Starter Feeding Ratios for Any Schedule

THE pantry mama

How to make your sourdough starter peak when you're actually ready to bake.

Your sourdough starter does not need to dictate your day. You're the boss, not the microbes in the jar! By changing your feeding ratio, you can help your starter peak faster or slower, depending on when you want to bake. Life-changing, right?

A feeding ratio simply tells you how much starter, flour and water to use.

The Basic Starter Ratio

For example, a **1:1:1** feeding means:



1 Part Starter



1 Part Flour



1 Part Water

So if you use 20 g starter, you would add 20 g flour and 20 g water. Simple!



Quick Start Guide

Starter Ready In...	Try this ratio	Example feeding	Best for
2 hours	1:1:1	50 g starter + 50 g flour + 50 g water	Same-day baking or cooler kitchens
4 to 6 hours	1:2:2	50 g starter + 100 g flour + 100 g water	Everyday starter feeding
8 to 10 hours	1:3:3	50 g starter + 150 g flour + 150 g water	Feeding before bed or before work
12 - 14 hours	1:5:5	50 g starter + 250 g flour + 250 g water	Slowing your starter down
Longer peak, thicker starter	1:3:2	50 g starter + 150 g flour + 100 g water	A lower hydration starter that stays domed longer

How to Choose the Right Ratio

1:1:1

If you want to bake sooner, use a smaller feeding ratio like **1:1:1**.

This gives your starter less fresh flour to work through, so it will usually peak faster.



1:3:3 / 1:5:5

If you need your starter to wait for you, use a larger feeding ratio like **1:3:3** or **1:5:5**. This gives your starter more fresh flour, so it takes longer to rise and peak.

1:3:2

If you want your starter to stay at peak a little longer, try a thicker feed like **1:3:2**. This lower hydration starter can be easier to manage when you need a wider baking window.

Remember – Starter ratios are not about being perfect. They are about learning how to make your starter work around your life. You're in charge, not your starter!

