George De Pasquale Three starters to start with...

Starter names, formulas and theories abound. Here are three to get you going. They advance in flavor and difficulty.

Biga

	%	Weight English	Weight Metric	Volume
All Purpose Flour	100%	16 oz	455 g	3 ½ c
Water	60%	10 oz	273 ml	1 ½ c
Yeast	.1%	1/8 t	1/8 t	1/8 t

Liquid Levain

	%	Weight English	Weight Metric	Volume
All Purpose Flour	100%	8 oz	230 g	1.6 c
Water	100%	8 oz	230 ml	1 c
Chef	40%	3.25 oz	90 g	³ / ₄ C

Stiff Levain

	%	Weight English	Weight Metric	Volume
All Purpose Flour	100%	8 oz	230 g	1.6 c
Water	60%	5 oz	140 g	10 T
Chef	40%	3.25 oz	90 g	³ / ₄ C