

Peber's Sourdough T130 Rye or T65 White Starter

Detailed Comparison

1. Fermentation Speed & Yeast Activity

- **Rye:** Whole rye flour contains the outer bran and germ, which are packed with wild yeasts, bacteria, and fermentable sugars. This makes a rye starter fast-acting and very lively.
- **White:** White flour is refined from only the inner endosperm, meaning it carries fewer natural microbes.

2. Flavour Impact on Bread

- **Our Peber Rye starter is only used with bread :** Produces more acetic acid (the sharp, vinegary sour tang) alongside complex, earthy, slightly fruity notes. Adding even a small percentage of rye starter to a white dough adds a noticeable depth of sourdough flavour. **Rye Starter in Bread:** Introduces enzymes that break down starch faster, making dough slightly stickier, but giving the finished loaf a moister, longer-lasting crumb and darker crust colour.
- **Our Peber White starter is only used with Viennoiserie such as croissants :** Promotes a higher proportion of lactic acid (creamy, yogurt-like, buttery notes). It gives pastries the classic "artisanal" sourdough taste—tangy enough to be distinct, but mild enough not to overpower other ingredients. **White Starter in Viennoiserie:** Helps build a strong gluten framework, making it easier to achieve an open, holey crumb and a tall, oven-spring rise.

Our present starter was first offered to us initially in the summer of 1992 while residing in Roquebrune sur Argens, Var, France by **E. Cauvière**, a French master baker and friend who represented France in the inaugural **1992 Bakery World Cup** (*Coupe du Monde de la Boulangerie*) in Paris, leading the national team to a 1st-place victory as **World Champion**. He is well known for promoting traditional French sourdough techniques and artisan baking culture internationally spending decades training upcoming generations of French bakers in classical technique and competitive breadmaking.

3. Physical Behaviour

- **Rye:** Absorbs significantly more water than white flour due to non-gluten carbohydrates called *pentosans*. At 100% hydration (equal weight flour and water), a rye starter resembles a thick paste or wet clay rather than a pourable batter. It forms small, honeycomb-like air pockets instead of long, stretchy bubbles.
- **White:** Develops a strong gluten network. At 100% hydration, it forms a smooth, elastic, pourable batter that clearly doubles or triples in height with large, glassy air bubbles.

Which one Should You Choose?

- **Go with a Rye Starter if:**
 - You want a low-maintenance, forgiving starter that rarely fails.
 - You prefer a rich, tangy, complex sourdough flavour.
 - Your kitchen runs cold (rye performs noticeably better at lower room temperatures).
 - You regularly bake rye, whole wheat, or rustic country loaves.
- **Go with a White Starter if:**
 - You are striving for maximum oven spring and an open, airy crumb.
 - You prefer a lighter, milder sourdough taste.
 - You want to bake delicate brioche, sweet doughs, or classic white croissants.

Why we use a Stiff Rye Starter?

We make a stiff starter to behave safer during expedition. Stiff starters maintain their peak longer and decay much slower in the refrigerator, making them hardier between feedings.
Note : Peber's only make expeditions of its Rye Starter in its stiff mode.

Expedited starters : A **stiff rye starter** at a lower **hydration**, combines the fermentation power and flavour depth of rye flour with the structural and biological advantages of a low-hydration starter. Rye flour is naturally high in sugars, enzymes (like amylase), and nutrients, which make it an exceptionally energetic environment for yeast and lactic acid bacteria. Combining rye with a stiff format yields distinct characteristics compared to a standard 100% hydration white starter.

1. Favors Acetic Acid (More Tang & Complex Flavour):

High-hydration starters tend to promote *lactic acid* (creamy, mild sourness). Stiff starters with lower water content encourage *acetic acid* production, giving your bread a sharper, deeper, and more complex sourdough tang.

2. Slows Down Fermentation Speed:

Rye ferments very fast at 100% hydration but reducing the water slows down enzymatic activity, giving you a wider peak baking window and an easier maintenance schedule.

3. Improves Dough Structure:

Rye lacks gluten-forming proteins (gliadin and glutenin) and relies instead on pentosans (mucilage) for structure. Lowering the hydration in the starter reduces enzyme activity that normally breaks down gluten in the main dough.

Key Ratios

Standard starters are fed at 100% hydration (1 part flour to 1 part water by weight). A **stiff starter** ranges from 50% to 70% hydration.

- **50% Hydration (Very Stiff / Play-Doh Texture):** 100g Rye Flour : 50g Water
- **60% Hydration (Standard Stiff / Dense Paste):** 100g Rye Flour : 60g Water
- **70% Hydration (Moderately Stiff / Thick Mud):** 100g Rye Flour : 70g Water

Note on Rye Flour: Whole rye flour absorbs significantly more water than white flour. A 60% hydration whole-rye starter will feel much stiffer than a 60% hydration white flour starter.

Maintenance & Feeding Routine from stiff to permanent 100% hydration

To permanently convert your mother starter from delivery as a stiff clay-like paste into a standard 100% liquid culture, two sequential feedings will fully rebalance the micro-organism ecosystem to a high-hydration environment.



Peber's Sourdough Starter Refreshing ratio

Peber'Ratio	Gr at 25°C	Ripe within	Refresh
1:1:1	10 gr Starter 10 gr Water 10 gr Flour	3-4 hours	7-8 hours
1:2:2	10 gr Starter 20 gr Water 20 gr Flour	5 hours	10 hours
1:5:5	10 gr Starter 50 gr Water 50 gr Flour	6-7 hours	12 hours
1:10:10	10 gr Starter 100 gr Water 100 gr Flour	10-12 hours	24 hours

Ex : It is 8 am, you need to mix your flour with a ripe starter by 1 pm using 1 kg of starter. Add 100 gr of ripe starter to 500 gr of flour + 500 gr of warm water

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YOUR RYE SOURDOUGH STIFF STARTER HAS ARRIVED!

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Your starter was shipped fresh and dormant to ensure maximum micro-organism viability.

WHAT TO DO IMMEDIATELY UPON ARRIVAL:

1. INSPECT & UNPACK THE 600 GR STIFF STARTER

- Open at reception the bag and remove the stiff rye mass as 100% hydrated 1:1:1 would have not travel properly. Note that the bag may have expanded slightly—this is completely normal! Take a second note of the fact that the starter is fresh and not a dessicated powder.

You have been also received a 2.5 kg of our Margeride Rye, uses for refreshing your starter, of even make bread while using the Rye blended at 35 % with another flour -we use T110 Meule d'Auvergne at 65 %-

2. FIRST REFEEDs (DAY 1 - REVIVAL)

Feeding 1 : The Transition

- Open the bag and get a appropriate quantity for your need keeping the rest in your fridge at 4 Dg Celcius Let's imagine you get 50 gr of the stiff starter. Mix it as below and after 3 hours put ii overnigh in your fridge

- **50 gr** Stiff Rye Starter
 - **250 gr** Warm Water
 - **250 gr** Rye Flour
1. Whisk the stiff starter into the warm water until completely dissolved.
 2. Stir in the flour to form a loose, batter paste.
 3. Allow it to ferment at room temperature until it peaks, bubbles throughout, and begins to recede slightly (about 3 hours depending on your ambient temperature).
 4. You have now 550 gr of your stiff starter and a new 550 gr transitional refreshed

Feeding 2 Locking Day 1 - in 100% Hydration

Use for instance 200 gr transitional starter from Feeding 1, then feed it at a standard ratio:

- **200 gr** Transformed Liquid Starter
- **200 gr** Warm Water
- **200 gr** Rye Flour

Once this second build reaches peak, your starter is fully converted, stable, and ready for regular similar 100% hydration maintenance.

Bake well 😊

Francois