



Rehydrating Sourdough Starter

Time & Temperature

4 - 5 days to make sourdough active. Ideal temp for starter is 73-78 °F

A few days before you want to use your starter for baking, revive your dehydrated starter. Either a heating mat or kombucha wrap can be used to keep the starter warm.

Instructions

- **Day One Morning:** Combine 5 grams finely crumbled dried sourdough starter in a small glass jar. Add 25 grams (100°F/38°C) filtered water. Stir until the dry starter is completely submerged in the water. Cover with a lid and allow mixture to sit for one hour at 76°F/24°C or room temperature.
- After an hour, add 20 grams bread flour and stir with a spatula until thoroughly combined. **Note:** We're using slightly more water than flour in this first feeding - a thinner, more hydrated starter allows for increased activity for yeast and bacteria. Cover with a lid and store at 76°F/24°C (or room temperature) for 24 hours.
- **Day Two Morning:** Combine 10 grams starter mixture (discard the rest), 25 grams bread flour, and 25 grams room temperature filtered water in a glass jar. Mix with a spatula until thoroughly combined. Cover with a lid and store at 76°F/24°C (or room temperature) for 24 hours.
- **Day Three Morning:** Combine 10 grams starter mixture (discard the rest), 25 grams bread flour, and 25 grams room temperature filtered water in a glass jar.

Mix with a spatula until thoroughly combined. Cover with a lid and store at 76°F/24°C (or room temperature) for 24 hours.

- **Day Four Morning:** Combine 10 grams starter mixture, 25 grams bread flour, and 25 grams room temperature filtered water in a glass jar. Mix with a spatula until thoroughly combined. Cover with a lid and store at 76°F/24°C (or room temperature) - check back in about 12 hours time.
- **Day Four Evening:** Roughly 12 hours later, you'll notice many small bubbles on the surface and sides, and the starter should shown signs that it is slowly rising. Continue storing at 76°F/24°C (or room temperature).
- **Day Five Morning:** At this point, the mixture should have nearly doubled in volume and there will be small and big bubbles throughout the mixture. When you have reached peak, doubled in size, you are ready to bake!
- **If you are not baking, you can refrigerate your starter or discard and feed as listed above. You can leave in the fridge for months. If you do you may see some brownish liquid called hooch form. You can pour off or mix in. Mixing in makes your sourdough tangy.**
- **If you refrigerate, you can take it out the evening before and feed as above. The starter will rise to double through the night and you will be ready to prepare your bread by morning.**
- **If you are ready to use your sourdough, grab the recipe and begin. When the jar is empty and only a smidge remains, feed as above and keep your starter going.**

This is most definitely scary to try, but trust me, it's worth the effort. The "scary" quickly fades and the delicious bread soon becomes and staple in your home. The internet is FULL of all the do's and don'ts for sourdough and it seems they all contradict each other. I found one website I use and once I did that, all my troubles disappeared. For fun, look up the website below. Great, and easy recipes, with step by step instructions.

And...Have Some Fun!

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Starter = The fermented beginning of the sourdough bread process.

Discard = The fermented part you will get rid of when you are ready to feed your starter. By all means you can save this to another jar in your fridge. There are plenty of recipes for discard. Plus...if something happens to your starter, 1 tablespoon of discard can be your beginning of a new starter,

Suggestions:



Weck Tulip Jar - Sour Dough Starter Jars for Sourdough - 1 x WECK 745 Large Clear Jar with Wide Mouth - 1 Liter Includes Glass Lid, rubber seal and steel clips

***** With sourdough starter do not use the rubber seal and clips as gas needs to release from the starter. Do not use rubber seal and clips when refrigerating as well.*

Warming mat or wrap for cold climates



Warming Mat (GEN3) | Thermostat Controlled Portable Bread Proofer (10" x 21") | Love What You Bake - Proof Dough, Keep Baked Goods Warm, Fermentation



Kombucha Heating Wrap, Kombucha Jar Heat Wrap with Digital Temperature Control and Timing Function, Fermentation Heater Carboy Warmer Fits Most Fermenter Vessels