

DEHYDRATED SOURDOUGH REACTIVATION GUIDE

EQUIPMENT

- clean jar
- digital scale

INGREDIENTS

- 20g dried sourdough starter
- 300g flour (enough for 6 feedings of 50g)
- 300g warm water (enough for 6 feedings of 50g)

INSTRUCTIONS

1. DAY 1- MORNING

starting with a clean jar, add 20g of dried sourdough starter. Add 50g of warm water and stir it together until the starter is completely covered and coated by the water.

Now add 50g of flour (I prefer organic AP) and stir in well, ensuring that you get plenty of oxygen into the mixture.

Cover with a paper towel or coffee filter secured with an elastic band and leave for approximately 12 hours.

2. DAY 1- AFTERNOON

After 12 hours, feed the starter with 50g of warm water and 50g of flour.

Mix it really well, getting plenty of oxygen into the mixture.

replace cover and secure with elastic band. Leave for approx. 12 hours

3. DAY 2- MORNING

After 12 hours, discard all but 50g of your starter (you can just place 50g of the starter into a new clean jar and get rid of the rest).

Add 50g warm water and 50g of flour to your mixture. Stir well. Replace cover and secure with band. Leave for 12 hours.

4. DAY 2- AFTERNOON

After 12 hours, discard all but 50g of your starter (you can just place 50g of the starter into a new clean jar and get rid of the rest).

Add 50g warm water and 50g of flour to your mixture. Stir well. Replace cover and secure with band. Leave for 12 hours.

5. DAY 3- MORNING

Repeat the above steps every 12 hours for around 3-7 days. You want your starter to become bubbly and consistently doubling in size after each feeding. Once it is consistent, you are ready to use it for baking!

*If you are planning to bake daily, you may leave your starter on the counter. It will need to be fed daily (only once per day when it is established). If you are baking infrequently, starter may be kept in the refrigerator with a regular lid. It will need a few days of feeding to activate once taken out of the fridge.

Congratulations! You are ready to start a legacy for your family! Sourdough starters can last generations. And take a deep breath- it seems complicated, but IT IS HARD TO KILL A STARTER! You got this!

