

Rehydrating Your Dehydrated Sourdough Starter

Your Starter is alive—she's simply resting. With warm water, good flour, and a few days of patience, she'll be bubbling, rising, and ready to bake beautiful sourdough.

What You'll Need

-  Digital kitchen scale (recommended)
-  Rubber band or tape to mark rise
-  Warm spot (70–78°F)
-  Breathable cloth or loose-fitting lid
-  Clean glass jar (pint-size Mason jar)
-  Unbleached all-purpose or bread flour
-  Room-temperature filtered, bottled, or well water

Water Tip

Heavy chlorine can slow a starter down. If using treated tap water, let it sit overnight or use filtered, bottled, or well water.

Day-by-Day Guide

Day 1 – Wake Her Up

Add dehydrated Myrtle flakes to a clean jar.
Mix in 2 Tbsp (30g) water.
Let sit 1–2 hours.
Add 1 Tbsp (15g) flour and stir.
Cover loosely and place in a warm spot.
Don't worry if you don't see bubbles yet.
She's just waking up.

Day 2 – First Feeding

Look for tiny bubbles or slight swelling.
Stir gently.
Add 1 Tbsp (15g) flour and 1 Tbsp (15g) water.
Mark the jar level.
Return to a warm spot.
Do not discard anything yet.

Day 3 – She's Stirring

Look for bubbling or a foamy texture.
Discard about half.
Feed with:
2 Tbsp (30g) flour
2 Tbsp (30g) water
Return to warm spot.
Check after 8–12 hours for rise.

Day 4 – Building Strength

Discard until only 1–2 Tbsp starter remains.
Feed with:
3 Tbsp (45g) flour
3 Tbsp (45g) water
Mark the jar level.
Feed again in about 12 hours if she has risen and begun falling.
A warm, consistent temperature makes a huge difference.

Day 5 – Ready to Bake?

Signs Myrtle is ready:
Doubles in size within 4–8 hours after feeding
Pleasant tangy, yeasty aroma
Passes the float test

Float Test

Drop a spoonful of starter into water.
Floats = Ready to bake!
Sinks = Feed again and retest later.
Some starters need 5–7 days. That's perfectly normal.
Won't pass float test?
Continue feeding consistently for a few more days.

Quick Troubleshooting

No bubbles after 2 days?
Move to a warmer location.

Gray liquid (hooch)?
She's hungry. Pour off or stir in and feed.

Pink, orange, or fuzzy growth?
Discard immediately and start over.

Acetone or nail-polish smell?
Discard most and feed fresh flour and water.