

**Supplies:**

2 wide mouth pint mason jars

2 rubber bands

rubber spatula

filtered or bottled water

unbleached bread flour is recommended

(unbleached all-purpose flour will also work, but it may take a bit longer)

**Rehydration Process:**

**Day 1.** Add contents of packet to your pint mason jar. Add 1 TBLS of warm 80-85\* filtered water. Do not use tap water as it has chlorine and can inhibit the lactobacillus growth. Mix well and let sit for 1 hour.

After the hour add 1 TBLS of room temp water and 1 TBLS of unbleached all-purpose or bread flour. Stir well to combine. Cover with lid loosely or paper towel and rubber band and let sit 24 hours.

**Day 2.** Add 1 TBLS water and mix, then add 1 TBLS of your flour and let sit another 24 hours. You should start seeing bubbles and some rise. You can add a rubber band to the jar where the top of the starter is and that way you can see if it is starting to rise. If not keep at it.

**Day 3.** Add 2 TBLS water and 2 TBLS of flour and let sit 24 hours. By now it should be bubbly and doubling in volume.

**Day 4.** Move 2 TBLS of your starter, add to clean 2nd mason jar and repeat day 3. **Day 5.** Repeat day 4. Here you should be getting consistent doubling of your starter. It is ready to start baking with. If not make sure you have it in a warm area 73\* or warmer. You can leave it in the oven to keep temp steady, but do not turn oven on.

**Day 6.** If it is not doubling by now the temp may be too cool or your flour may not have the gluten content it needs to rise. Try unbleached bread flour and check to see that it has at least 11.7% gluten protein. Keep at it!

**Day 7.** If you need more time, get another jar and add 2 TBLS of your starter and 2 TBLS of water, mix and add 2 TBLS of flour and let sit another 24 hours. Repeat this step until it starts doubling in size.

Below is a pdf of a sourdough bread recipe and maintenance schedule.

**Day 8.** You are ready to bake! Pinterest has a lot of resources for baking. My favorite people to follow are [Beginner's Sourdough Bread Recipe - Farmhouse on Boone](#) and [Sourdough Bread and Discard Baking Recipes - Amy Bakes Bread](#)

They have great recipes and step by step instructions.

thank you for your purchase and feel free to email me with any questions.

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