



wet starter guide



DAY 1 Rehydrating Your Starter *FEED IMMEDIATELY*****

When it arrives prepare a clean sterilized jar with a lid- wide mouth jars are much easier to work with. I feed exclusively King Arthur All Purpose and Filtered Water.

In a bowl add 1/3 cup or 92 grams unbleached flour and 1/3 cup or 92 grams warm filtered water around 78 to 85 degrees F. Wait about 10 minutes and add 1/3 cup or 92 grams of the starter (Discard remaining starter.) DO THIS EVERY 12 HOURS FOR A FEW DAYS. Sometimes it takes a few feedings to get its groove back after the shipping process without being fed. Put it in the jar and leave the lid loose.

Sometimes during shipping the packages may leak due to the extremely active starters. If the contents do but are not contaminated it can be saved. It can take as little as a teaspoon to bring it back to thrive.

FEEDING YOUR SOURDOUGH:

- Your starter should normally be fed once a day or once a week if refrigerated.
 - To feed a live starter, remove 1/3 cup starter and add it to a non metal mixing bowl, add 1/3 cup unbleached flour and 1/3 cup warm filtered water and mix well. Discard the remaining starter and rinse out the jar with warm water. put it all back in and leave the lid loose if it's on the counter and tight if you are storing in the refrigerator. You could also cover it with cloth or parchment paper and a string instead of a lid. After it is nice and happy you can increase the measurements to create more starter just keep the 1:1:1 ratios of equal parts.
 - When feeding or using the starter, do not remove more than half the volume of the starter.
 - If hooch has developed on the surface, simply stir it back in. It is what gives the sourdough it's taste. If you feel there is too much hooch, then some can be poured off before feeding.
 - The starter you have removed can either be used in discard recipes or simply poured away. Alternatively share with a friend along with these instructions.
 - If refrigerated, feed as above and feed only once a week and keep the lid tight.
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- To revive a refrigerated starter take it out of the fridge and leave it out overnight. The next day, feed it, stir and then leave it for 3-4 hours or more. Then give it a stir, and remove enough starter for your baking purposes, returning the container to the counter or fridge, depending on your future baking plans.
- If the starter has been constantly refrigerated for more than a month (i.e., not feed during that time) you may find you need to repeat the above process for couple days to wake it up or give it a super feeding of a ration of 1 part starter, 5 parts water, 5 parts unbleached flour

If your starter seems slow or sluggish, do a strong 1:5:5 to boost your starter. Many times a starter will get acidic because it needs more food. Feeding higher ratios of water and flour give your starter extra nutrients and strengthens it. I mainly do a feed of thick flour/water to starter ratio which when mixed is stiffer and resembles peanut butter. Also adding a small portion of organic King Arthur Rye flour for a feed or two can really boost your starters strength.