

Rehydrating Sourdough Starter

1. Place dehydrated sourdough chips into a clean jar.
2. Cover chips with warm water just until fully covered.
3. Cover jar with a lid loosely and let hydrate overnight.
4. After 12-24 hours feed rehydrated starter following the starter feed guide.
5. You may need to discard and feed a few times to get the starter used to a different water/flour. Stick with it and your starter will get used to it.
6. Once starter is nice and bubbly move onto the baker's schedule to mix your bread.





Sourdough Starter Care

Definitions:

Inactive Starter or Discard- Starter that has risen, fallen. Has no bubbles.



Active Starter- Starter that has been fed, sat at room temperature and doubled in size. (typically 4 hours or more depending on temperature).



Note* Never feed without discarding
Never discard without feeding*



Flour:

Sourdough thrives on natural flour that is unbleached and preservative free.



Starter Feeding



1. Discard

Discard inactive starter in jar down to 2-3tbs. If your jar is dirty transfer to clean jar. discard less than a week old can be saved to use in discard recipes. Older discard should be tossed in the trash. Do not discard into your sink drain.

2. Feed

Using a food scale, place starter jar with 2-3tbs of starter onto scale. Zero out scale and measure 60 grams of warm water into the starter jar. Add 70 grams of flour and still together. Mixture should be thick and difficult to stir. Set lid loosely on top of jar.

3. Proof

Leave starter on the counter at room temperature to proof until doubled in size. Typically 4 hours but can take longer in colder temperatures. Once starter is doubled and bubbly it's ready to use. Active starter is good for about 8-12 hours depending on temperature.



Note* Counter dwelling starters only need to be fed 2x a week. Fridge dwelling starters do not need to be fed.



Starter Care Cont.

4. Proofing Starter

Place a rubber band or mark a line with a marker on your jar so you can see how much your starter grows.

5. Reserve Starter

Reserve at least 2tbs of starter when making a recipe so you have something to refeed.

◆ Troubleshooting Starter ◆

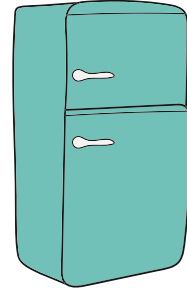
Failure to Grow

Starter can fail to grow after feeds for a few reasons. First-check your flour type. Make sure you're using a natural, unbleach, unexpired flour. Second- your starter may need to get used to a different flour from the one it's previously been fed with. Keep discarding and feeding and it should adjust after a few discard and feeds. Third- It may be too cold in your home for your starter to thrive. Sourdough does best between 70-80 degrees, 68 being the lowest. If your home is cold or you have stone counters, set your starter in a warm spot such as a cabinet above your fridge, in a proofing box or wrapped in a wool sock.



Fridge Storage

Long Term Storage



Reasons for Fridge Storage

- Weekend Baker
- Travel
- Sickness or Crisis
- Moving
- Busy Season

Reviving Fridge Starter

1. Take out of fridge and place on counter overnight. I do not feed a cold starter so warming up to room temperature is our first step.
2. Once starter is at room temperature, discard down to 2tbs and feed following guide above. If this starter is more than a week old (or has been in the fridge more than 1 week, toss into trash when discarding.
3. Once starter has peaked, discard and feed again following guide above. This fresh discard can be saved to use in discard recipes such as crackers, brownies, muffins, waffles, and tortillas. Save in container in fridge. After these 2 feeds your starter is ready to be used.

Note

Fridge starters may require 3+ feeds if your starter has been in the fridge for an extended period of time.