

# Rehydrating DEHYDRATED SOURDOUGH STARTER

## Required Materials:

- Dehydrated sourdough starter
- Clean jar with lid
- Unbleached all-purpose flour or bread flour
- Filtered water
- Measuring cups and spoons or digital scale



## — Day 1 —

## Daily Rehydration Process:

- Place 1 tablespoon (10g) of dehydrated starter in a clean jar.
- Add 2 tablespoons (30g) of filtered water, stir until the starter is covered and absorb the water.
- Let sit for 30 - 1 hour (It should be mostly dissolved).
- Add 1 tablespoons (16g) of flour, stir until fully incorporated. If needed add a little water to make sure it's not too thick.
- Cover the jar with a breathable material (fabric, paper towel, or coffee filter) secured with a rubber band. Note: For the first few days, using a smaller container to prevent the starter from drying out.

## — Day 2 —

- Feed the starter with 2 tablespoons (30g) of filtered water and 3 tablespoons (25g) of flour.
- Mix thoroughly and cover.





### — Day 3 —

Repeat the process from Day 2. Typically, the starter becomes notably active and bubbly by this point.

### — Day 4-7 —

- Begin the discard process: Reserve 1/4 cup (60g) of starter for feeding, discarding the rest.
- To the reserved starter, add 1/4 cup (60g) of filtered water and 1/2 cup (60g) of flour. (Do not pack the flour. It should be a light and fluffy 1/2 cup of flour.)
- Mix well and cover.
- Repeat this process daily until the starter matures.
- A mature starter typically doubles in size within 4-8 hours post-feeding. I recommend using a rubber band on the jar to mark the initial level for easy tracking.

**Starter Discard:** Consider keeping discarded starter in a separate refrigerated container for use in non-leavened recipes.

**Maturation Timeline:** Most starters mature around Day 4, but ambient temperature can affect this timeline. (this can range from 4-7 days.)

**Maintenance:** Daily feeding is crucial for starter health.

**Troubleshooting:** If feedings are missed, the starter may develop a liquid layer called "hooch." Simply drain this off and resume regular feeding.

If your mixture seems to thick, just add some more water. It should be a thick pancake batter consistency.

Additional  
Notes:

The inclusion of gram measurements allows for more precise feeding, which can be particularly beneficial as the starter matures. Remember, sourdough cultivation is both a science and an art, requiring patience and observation for optimal results.