



REHYDRATION OF A DEHYDRATED SOURDOUGH STARTER

- To rehydrate, soak 1 teaspoon of dried starter in 1 tablespoon of lukewarm, untreated water for several minutes until softened. Add 1 tablespoon of unbleached flour (such as all-purpose, rye, pumpernickel, white rye, or wheat), mix, and place the mixture in a mason jar with the lid loosely fastened. Leave at room temperature for 24 hours.
- Afterward, stir in another tablespoon of flour and 1 teaspoon of water, then allow it to rest under the same conditions.
- After 24 to 36 hours, fermentation indicators such as bubbling may be observed. If there is no visible activity, restarting the process may be necessary.
- Add 1/3 cup flour and 1/4 cup water to the activated starter. Continue feeding once daily until the amount required by the recipe is reached. The amount of starter can be increased by doubling or tripling during each feeding after its active.
- Feeding with approximately equal weights of flour and water, instead of equal volumes, is advised. Feed every 24 hours.
- Once an active starter is established, store it in a jar with a tight-fitting lid in the refrigerator. Weekly feedings are sufficient for maintenance.

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