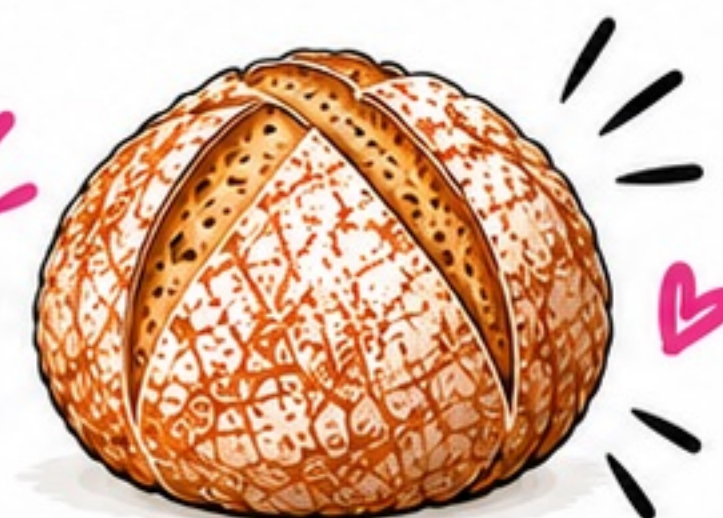




FREEZE DRIED SOURDOUGH STARTER

INSTRUCTIONS



01 RE-HYDRATE

Day 1: Take 1 Tbsp of starter from your package and place in a small jar or container. Add 1 Tbsp of water. Let hydrate for 30 minutes. Use whatever water you have handy (as long as it is not over chlorinated). After 30 minutes, add 1 Tbsp of flour and 1 Tbsp of water. Cover and leave.



02 SMALL MEAL

Day 2: Add 1 Tbsp of flour and 1 Tbsp of water. Leave for 3–4 hours, then in the PM transfer to a larger container and feed again 1 Tbsp of flour and 1 Tbsp of water. Cover and leave overnight. Wrap it in a cold home.



03 BIGGER MEAL

Day 3: Feed starter 1/4 cup of flour and 1/4 cup of water. The consistency should be gummy/thick. If it is really watery before you begin, add a little less water. Cover and leave for 12–24 hours.



04 FEED & BAKE

Day 4: Your starter should have risen by now (and may have fallen) but you likely won't have enough to bake.

When you're ready to bake, add enough flour and water to make enough starter for your recipe (plus a little bit leftover to put into the fridge to keep).

Depending on the temperature of your house, it could take a couple of hours to rise, or it could take longer. It will be ready to bake when it is at its peak.



STORAGE IN THE FRIDGE: Once your starter is active and you are not baking, put it in the fridge and leave it until you are ready to bake. When you are ready to use it, take it out, let it come to room temperature and feed it as needed for your recipe.



LaurieSchamber.com/
sourdough-starter