

Day 1

- In a jar, add 5 grams of starter powder
- Add 10 grams of filtered water and stir well
- Loosely cover and let sit 30 minutes
- After 30 minutes, add 5 grams of unbleached flour, stir well.
- Loosely cover and let sit 24 hours in a warm spot.
 - If your house is chilly, you can sit it on a sunny window sill or, put it in your oven with just the oven light on – be careful you don't turn the oven on!!

Day 2 – after 24 hours

- Add to jar, 10 grams of filtered water and 10 grams of unbleached flour, stir well
- Loosely cover and let sit 24 hours in a warm spot

Day 3 – Morning

- Put 5 grams of starter into a clean jar, discard remaining ***
- Add 10 grams of unbleached flour and 10 grams of filtered water
- Stir well and let sit in a warm place for 8 hours

Day 3 – Afternoon

- Put 5 grams of starter into a clean jar, discard remaining***
- Add 10 grams of unbleached flour and 10 grams of filtered water
- Stir well and let sit in a warm place for 8 hours

Day 3 – Bedtime

- Put 5 grams of starter into a clean jar, discard remaining ***
- Add 25 grams of unbleached flour and 25 grams of filtered water, stir well
- Use a rubber band or sharpie marker to mark initial volume on jar
- Put in a warm place for 10 hours/overnight

Your starter should have doubled or tripled overnight and you are ready to start baking.

To increase the amount of starter, you can feed again equal parts of flour and water.

***** DO NOT PUT DISCARD DOWN THE SINK – IT IS NOT GOOD FOR YOUR PIPES – DISCARD INTO TRASHCAN*****

I have a step by step video about rehydrating starter, go to YouTube, search Rise and Shine Suburban Homestead and then search “Dehydrating and Rehydrating Sourdough Starter”.