



Freeze Dried Sourdough Starter

What You Will Need:

- Kitchen Scale
- Clean Jar
- Silicone Spatula
- Rubber Band (or Dry Erase Marker)
- Unbleached Bread Flour
- Room Temperature Water (not hot water)

Day 1: Rehydrate

- Using a scale, weigh 10 grams of freeze-dried starter and put it in a clean jar.
- Add 20 grams of room-temperature water to the jar.
- Let it sit for 30–60 minutes to soften fully.
- Stir with a silicone spatula until it looks like a paste.
- Add 20 grams of unbleached bread flour.
- Mix well, loosely cover, and let sit at room temperature for 24 hours.
 - Little to no activity seen in the starter is normal at this stage. Most starters are ready to use after 3 - 5 days of consistent feeding.

Day 2: First Feeding

- You may start to see some small bubbles begin to form.
- Discard your starter down to 20 grams total mixture.
 - Discard goes into the trash, never down the sink drain.
- Feed the 20 grams of starter with:
 - 20g of room temperature water
 - 20g of unbleached bread flour
- Mix everything until there are no dry spots.
- Mark the height of the starter with a rubber band or by drawing a line on the jar with the dry-erase marker.
- Let it rest in a warm area (70 - 75°F).

Day 3: Build Strength

Repeat once every 24 hours:

- Discard the starter down to 20–30g of starter.
- Feed with equal parts of starter, flour, and water (1:1:1 ratio).
- 1:1:1 ratio: 20g starter: 20g room temperature water: 20g unbleached flour.



Resources

Timeline of What to Expect After Feeding a Mature Starter

- 0 - 2 hours: Little activity.
- 2 - 6 hours: Rising begins, and bubbles appear.
- 6 - 8 hours: Starter is at its peak. It has doubled in size, is airy, and slightly domed. This is the perfect time to use it to start a loaf!
- After Peak: The starter will begin to fall back down to the original line (this is normal).

Troubleshooting

- Not rising? → Starter needs a warmer temperature or more time to rise.
- No bubbles? → This is normal in the beginning; feed starter every 24 hours.
- Liquid on top (Hooch)? → Drain off the liquid and feed as usual.
- Rancid smell? → Discard and restart.

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