

Activating the Sourdough Starter

Equipment Needed for Activating a Sourdough Starter:

- Quart-size glass jar
- Non-metal stirring utensil
- Tight-weave cloth or paper coffee filter
- Rubber band to secure the cover to the jar

Ingredients for Activating a Sourdough Starter

- 1 packet dehydrated sourdough starter
- Unchlorinated, unfluoridated water
- Appropriate flour for your sourdough starter (check enclosed instructions)

Instructions:

1. Pour the entire contents of the packet into a clean one-quart glass jar.
2. Add ¼ cup room temperature water and mix well.
3. Add ¼ cup flour and stir vigorously. Be sure to incorporate a significant amount of air into the mixture.
4. Cover with a tight-weave towel or coffee filter, secured with a rubber band.
5. Place jar in a warm area, 70°-85°F, for 12-18 hours.
6. After 12-18 hours, feed the starter: Mix in ½ cup water and scant ½ cup flour. Stir vigorously.
7. Cover as in step 4 and return to the warm spot for 12 hours.
8. After 12 hours, discard all but ½ cup starter mixture.
9. Mix in ½ cup water and a scant 1 cup flour. Stir vigorously and cover.
10. Repeat steps 8 and 9 every 12 hours, until mixture becomes light and bubbly, typically 3 to 7 days.
11. Once the starter is bubbling reliably within a few hours of being fed, feed for 2 more cycles. The starter is now activated.

What to Do With Activated Sourdough Starter

Once your sourdough starter is active and bubbly for 3 consecutive feedings, you have a few choices. You may:

1. Prepare fresh starter for baking
2. Maintain starter daily at room temperature
3. Maintain starter weekly in the refrigerator.