

# Rehydrate Your Starter

## A STEP-BY-STEP GUIDE



### DAY

1

#### REHYDRATE & FEED

- In a small bowl or jar, mix 5 grams of dehydrated sourdough starter with 10 grams of 80 °F water.
- Allow the starter and water to sit for about 2 hours, or until the dried starter dissolves.
- Stir in 5 grams of flour.
- Cover and put in an area or with a warming mat at 78 °F overnight, or for 12 - 14 hours.

2

#### FEED

There may not be visible signs of activity at this point.

- Without discarding any of what is in the jar, stir in 10 g of flour and 10 g of water.
- Return to the 78 °F area or warming mat.

3

#### FEED AGAIN

You may begin to see signs of activity at this point such as small bubbles and a slightly sour aroma.

- Without discarding any of what is in the jar, stir in 10 g of flour and 10 g of water.
- Return to the 78 °F area or warming mat.

4

#### FEED FOR GROWTH

You should see clear signs of activity at this point. The starter will have risen since the last feeding and you will see bubbles.

- Discard all but 15 g of the starter.
- To the 15 g of starter add 30 g of water and 30 g of flour.
- Return to the 78 °F area or warming mat until the next day.

5

#### READY TO BAKE!

Your starter should be very active at this point. It will have doubled in size, be very bubbly, and smell sweet with just a hint of sourness. The time it takes to peak will have shortened from the previous days. In our experience, 7 hours after the day 5 AM feeding the starter had just about tripled in size.

#### IN THE AM

- Discard all but 15 g of the starter.
- To the 15 g of starter, add 30 g of water and 30 g of flour.
- Return to the 78 °F Sourdough Home or Proofer.

#### IN THE PM

- Check your starter around the 7-hour mark. If it has close to tripled in size, then repeat the same feeding as you did in the AM. If it has not yet peaked, let it go another hour or two before checking again.
- At this point, your starter should be active enough to bake with (We had great success making a levain from the starter at this point that was used in the dough the next day).



## Step 2 - Making Bread

Once your starter has doubled in size (5-7 hours) it is ready to start making the bread.

If you would like to use **Einkorn Whole Wheat or Unbleached Einkorn**, this is the ratios I have found works best:

125g starter  
25g sea salt  
300g filtered water  
600g flour

If you would like to use **Unbleached All-Purpose Flour**, this is the ratios I have found works best:

90g starter  
25g sea salt  
450g filtered water  
600g unbleached flour (I prefer King Arthur Organic Unbleached Flour)

I like to weigh out my salt first in a small bowl and set aside.

I then get a big bowl, tare it (set scale to zero) then add in the starter. Tare the scale again, then add in the water. Add in the salt you set aside. Tare again, and add in the 600g of flour.

Use a pastry whisk and mix it together. When it's just about all mixed together, I like to use my hands to get the last bit mixed in well.

Wet a kitchen towel, wring it out and place it over the bowl. Place the bowl in the oven and turn the oven light on. Make as many loaves as you like, remembering to reserve some starter (at least 100g worth) for the next batch.

Let the dough sit for 1 hour.

### **Step 3 - Folding and Stretching the Dough for Bulk Rise**

After one hour, take the dough out with wet hands.

I like to use a silicone mat to prevent the dough from sticking to my counter top. ( You can view all of the recommended tools I use at the bottom of this document.)

Pick the dough up at the left side and stretch it over to the opposite (right) side. Now grab the right side and stretch it over to the left side.

Now grab the bottom and stretch it up to the top. Grab the top and fold it down to the bottom.

Place the dough (folded side down) back in the bowl and cover with the wet towel.

You'll want to repeat this process 3 more times every 30 minutes.

Trust me, it's worth it! Set a timer so you don't forget. (I've made the mistake of forgetting.)

Once you've finished folding 4 times, you'll let the dough sit in the oven covered with the wet towel overnight.

Let the dough sit for this bulk rise anywhere from 10-12 hours.

### **Step 4 - Day 2 Proofing & Final Rise**

Good morning!

Your dough should have doubled in size overnight.

Place some flour onto your silicone mat and gently scrape out the dough.

You'll want to fold and stretch as you did before. But just once.

At this point, you can either place the bread in a banneton (which leaves a pretty design) or you can place it back in a lightly floured bowl, or in a lekue.

You can both proof and bake in your lekue. (You can purchase a lekue in the link below.)

Let the bread proof on the countertop. Cover with the wet towel. If it dried out overnight, wet and wring out again.

Let the dough proof 1-2 hours but no more than 2 hours.

## **Step 5 - Baking**

It's time to start baking!

You'll want to put the dutch oven in while the oven is preheating. This allows the crust to be nice and crisp, while the inside is springy and soft.

Set the oven temp to 430 degrees. You can go up to 450 degrees. I like to play around with the temp.

If you're using a dutch oven, place some parchment on the bottom to prevent the dough from sticking to the bottom.

Once the oven is preheated, take the dutch oven out and carefully turn the banneton upside down, dropping the dough into dutch oven.

Score the dough with the bread lame by drawing a line from one end to the other. This allows the bread to breathe. If you purchased the pastry kit on amazon, it included the bread lame with the 5 extra blades.

Put the lid on the dutch oven and place in oven. Bake for 20 minutes.

After 20 minutes, take the lid off and bake an additional 21 minutes.

Hooray, you have a beautiful, delicious loaf of sourdough.

Take the bread out of the dutch oven and let cool at least 10 minutes on a wire rack before cutting. If you cut it too soon, it will flatten.

## **Storing your dough**

Wrap your dough in a kitchen towel or use a linen bag. Do not wrap in plastic as it will trap moisture and cause the bread to harden quickly and go bad. Do not store in the fridge for the same reason. Just let it sit wrapped in a towel on your countertop.

## **Sample Baking Schedule:**

### **Day 1**

Noon - feed dough

Between 6-7pm start making the bread

By 8pm - begin folding dough 4x every half hour

### **Day 2**

10-12 hours later (between 9:30am and 11am) fold and proof After  
1-2 hours, start baking.

If you have any questions, please email me at [info@stephanielchan.com](mailto:info@stephanielchan.com). For the quickest response, you can reach out to me on Etsy.

Happy Baking!

**For first time bakers, here is a list of recommended tools you can purchase from Amazon\*:**

**Digital Scale:** <https://amzn.to/40p3DmV>

**Bread Proofing Basket with Baking Tools:** <https://amzn.to/3FJ4lIt>

**Reusable Silicone Baking Mat for Dutch Oven:** <https://amzn.to/4640ha1>

**Lekue Silicone Bread Maker:** <https://amzn.to/47ggQ4d>

**Dutch Oven:** <https://amzn.to/3Qrc4JQ>

**Weck Jar:** <https://amzn.to/49kSAiz>

**Heating Mat (if house temperature is below 75 degrees):** <https://amzn.to/47CIKH8>

**Jovial Einkorn All Purpose Flour:** <https://amzn.to/3sFhJ7m>