

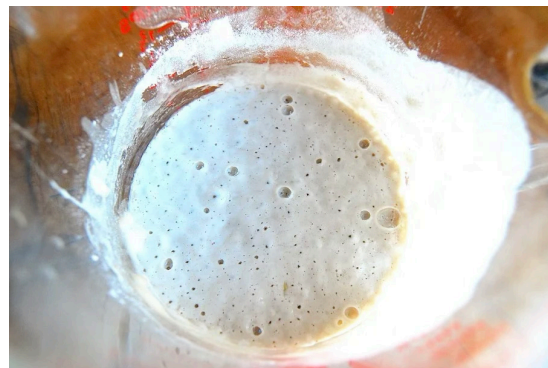
# RESTART SOURDOUGH STARTER

## INSTRUCTIONS

1. When you're ready to revive the starter, measure out 1 ounce (28 grams) of dehydrated sourdough starter.
2. Place the dried starter chips in a large (at least 1-pint) container. Add 2 ounces (48 grams) of lukewarm water. The water should barely cover the chips; tamp them down, if necessary.
3. Stir the chips/water occasionally; it'll take 3 hours or so, with infrequent attention, to dissolve the chips.
4. Once the mixture is fairly smooth/liquid, with perhaps just a couple of small undissolved chips, feed it with 1 ounce (28 grams) of unbleached all-purpose flour. Cover it lightly (a shower cap works well here), and place it somewhere warm.
5. You may use an electric oven with the light turned on. Even without ever turning on the heat, it holds a constant temperature between 85°F and 90°F.
6. You can certainly keep your starter out of the oven, at room temperature; just understand that this whole process, as I'll describe it, will take longer. The cooler the room, the longer it takes sourdough starter to work.
7. Let the starter work for 24 hours. At the end of that time, you should see some bubbles starting to form. Remember, this is at about 85°F; if your temperature is lower, this will take longer.

How much longer? Totally depends on temperature. Once you do this process once—in your kitchen, in your climate, accounting for your weather—you'll have a better idea. It should look like the photo on the right.

WITHOUT DISCARDING ANY OF THE STARTER, feed it with 1 ounce (28 grams) of



lukewarm water, and 1 ounce (28 grams) of flour. Cover, and put back in its warm spot. After "X" hours (depends on your kitchen), you should see some serious bubbling; mine took eight hours to become nice and bubbly.

Feed the starter again—1 ounce (28 grams) of lukewarm water, 1 ounce (28 grams) of flour—cover, and wait. Again, you're not discarding any at this point.

Your starter is ready to return to its former life—and its regular schedule. DISCARD all but 4 ounces (113 grams). Feed it again, this time with 4 ounces (113 grams) each lukewarm water and flour.

## MAINTAINING SOURDOUGH STARTER

**To store your starter at room temperature:** Stir the starter thoroughly. Spoon 4 ounces (113g) starter into a bowl; either discard the remaining starter or use it in another recipe. Add 4 ounces (113g) flour and 4 ounces (113g) lukewarm water to the 4 ounces (113g) starter in the bowl. Mix until smooth, return to its jar or crock, and cover.

Repeat this process every 12 hours, feeding the starter twice a day. Remove starter to bake with

as soon as it's expanded and bubbly, then feed the remaining starter immediately; revert to your normal 12-hour schedule for subsequent feedings.

***To store your starter in the refrigerator:***

Take the starter out of the fridge; there may be a bit of liquid on top. Either drain this off or stir it in, your choice; it's simply a byproduct of the fermenting yeast.

Spoon 4 ounces (113g) starter into a bowl; either discard the remaining starter, or use it in another recipe (see "tips," below). Add 4 ounces (113g) flour and 4 ounces (113g) lukewarm water to the 4 ounces (113g) starter in the bowl. Mix until smooth and cover.

Allow the starter to rest at room temperature (about 70°F) for at least 2 hours; this gives the yeast a chance to warm up and get feeding. After about 2 hours, replace the starter in its storage container and refrigerate.

To maintain your starter's health (and for best baking results), repeat this process about once a week.

***To ready your refrigerated starter for baking:***

Take the starter out of the fridge, discard (or set aside) all but 4 ounces (113g) and feed that 113g as usual with equal parts 4 ounces (113g each) flour and water. Cover the starter and let it rest at room temperature. Depending on its health and how recently you'd fed it, it will start to bubble and expand quickly, or may take up to 12 hours to show signs of life.

Feed the starter every 12 hours until you see it double or triple in volume within 6 to 8 hours; this means it's ready to bake with.

For what you judge will be the final feeding prior to baking, add enough flour and water to use in your recipe, with 4 ounces (113g) left over to feed and maintain the starter for the next time you bake. For instance, if your recipe calls for 8 ounces/1 cup (227g) starter, add 113g each water and flour. If your recipe calls for 2 cups (454g) starter, add 227g each water and flour.

Once the starter is "ripe" (ready to use), spoon out what you need for the recipe and set it aside with the recipe's other ingredients. Feed the remaining 4 ounces (113g) starter as usual, with equal parts (113g each) flour and water. Mix until smooth and let the starter rest for about 2 hours at room temperature before stowing it back in the refrigerator.

Use "discard" starter to make pancakes, waffles, cake, pizza, flatbread, or another treat

## RESOURCES

King Arthur Baking—  
[www.kingarthurbaking.com](http://www.kingarthurbaking.com)

## LOCAL CONTACT

For more information, contact the University of California Cooperative Extension office in your county. See your telephone directory for addresses and phone numbers, or visit [http://mfp.ucanr.edu/Contact/Find\\_a\\_Program/](http://mfp.ucanr.edu/Contact/Find_a_Program/).

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