

REHYDRATING YOUR SOURDOUGH STARTER



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Equipment

- Pint-size glass mason jar and lid or similar (for initial activation)
- Larger glass container, such as a 1 to 2 liter glass flip-top container (for ongoing starter storage)

Ingredients

- package of dried sourdough starter culture
- white bread flour or all-purpose flour (NOT BLEACHED!) (amount varies with each step)
- filtered lukewarm water (non-chlorinated, avoid using very cold water)

Instructions

Day 1

- In a clean pint-size mason jar (or similar) combine 1/2 Tbsp of dried sourdough starter powder or flakes (one Mamas Kitchen package) with 1.5 Tbsp of filtered room temp water. Allow the dry sourdough starter and water to sit for several minutes to soften and combine. Use a fork or spoon to stir it on occasion.
- Add 1 Tbsp of flour. Mix thoroughly. (See consistency notes below)
- Cover the jar with a lid, beeswax wrap, plate, or other cover to prevent it from drying out. Set the container in a moderately warm location (70 to 75F is ideal). My kitchen is usually between 65-68 though and is fine! Come back in about 24 hours.

Day 2

- Into the same jar as yesterday, add 1 Tbsp of flour and 2 teaspoons of water to the starter. Mix well.
- Cover the jar or container again, and allow it to sit for another 24 hours.

Day 3

- Repeat the same feeding process as Day 2 (1 Tbsp flour and 2 teaspoons water).

Day 4

- This time, add 1/3 cup flour and 1/4 cup water to the starter. Mix well.
- Cover the container and set aside once again. Consider marking the level of the starter after feeding. It should rise quite a bit by this time!

Day 5

- Transfer your starter from the mason jar into a clean mixing bowl.
- Add 1 scant cup of fresh flour (just a hair shy of a cup!) and 1/2 cup of water. Mix thoroughly.

Mamas Kitchen Favorite Sourdough

Pancake Discard Recipe

Ingredients

- 2 cups all-purpose flour 260 grams
- 2 teaspoons baking powder 10 grams
- 1 teaspoon baking soda 6 grams
- 2 tablespoons local honey 42 grams
- 1 teaspoon salt 6 grams
- 1 cup sourdough discard at room temperature, 250 grams
- 1 1/2 cups milk 363 grams
- 1 large egg, beaten at room temperature
- 2 tablespoons vegetable oil or avocado oil 24 grams

Instructions

- In a large bowl, whisk together the flour, baking powder and soda, sugar and salt.
- Add the sourdough starter, milk, egg and oil to the top of the dry ingredients. Mix well just until combined. It's ok if there are a couple of lumps in the batter. It's important not to overmix.
- Grease a pancake griddle or cast iron skillet with melted butter or oil. Heat the skillet over medium-low heat.
- Ladle 1/3 cup of batter on the hot griddle. Cook until the batter starts bubbling on top*, then gently flip the pancake.
- Cook for an additional 1-2 minutes on the second side or until the pancake is cooked through and golden brown.
- Serve warm with butter and maple syrup.

Transfer the starter into a new larger container of choice (such as a 1 to 2 liter glass flip-top jar). This will be the starters "forever home". Set it aside at room temperature once again.

If your starter is now actively bubbling, rising and falling - congratulations! You have successfully reactivated the dry sourdough starter. When a starter rises to double its size and then stays elevated, that is considered "peak activity" and is ready to bake with. It will deflate after a few hours and need to be fed or refrigerated. If you aren't sure what to do next, put your active starter in the fridge while you do your homework!

NOTES

Starter Consistency: Using different brand sourdough starters may result in varying consistencies. Every individual home environment (e.g. different elevations and humidity) could to some variations. The goal throughout this process is to maintain a thick gooey starter. It should settle smoothly into the bottom of the container (meaning, not clump into a firm ball of dough like cookie batter) but it shouldn't be easy to pour or runny like pancake batter. The sourdough starter should be somewhere in between. Eventually, an active sourdough starter will be spongy like marshmallow fluff. If at any time throughout this process you feel that your starter has become too stiff or too thin, feel free to add a sprinkle more flour or splash of water until the desired consistency is reached. Do so in small quantities, such as a teaspoon at a time (especially in the first few days).

Troubleshooting: A couple of issues may cause a sourdough starter to not rise well. For one, it could be too cold in your home - though there should be at least some activity, even in the coolest conditions. Try moving your starter to a warmer location, or creating a warmer environment for it (such as with holiday lights, a heat mat, or inside the oven with the light on but the oven off). A more common issue is the starter consistency. When a starter is too wet or runny, the fermentation bubbles may rise right through and out of the mixture, rather than being trapped inside and causing the starter to grow and rise. If at any time your starter doesn't rise and also seems easy to pour (like thin pancake batter), is it probably too wet. Stir in more flour to stiffen it up, adding just a few tablespoons at a time until it becomes more thick and gooey.