

HOW TO REHYDRATE JOSIE

Ingredients

Dried Sourdough
Unbleached flour
Filtered water

Tools

Mason jar with a lid
A rubber spatula
Basic kitchen scale

A GOOD RULE OF THUMB IS TO MAKE SURE YOUR
KITCHEN TEMPERATURE IS AROUND 76°F/24°C

Day 1 - Morning

Combine 5 grams dried sourdough starter in your glass jar. Add 25 grams of warm (74-80° is desired) water. Stir until the dry starter is completely submerged in the water.

allow this mixture to sit for a few minutes to absorb the water.

After, add 20 grams of unbleached flour and stir with a spatula until well mixed.

- Note: using slightly more water than flour in this first feeding will allow the yeast and bacteria to get started easier.

Cover with a lid and store at room temperature for 24 hours.

Day 2 - Morning

Keep in mind you may or may not already see some fermentation activity, but she's not alive yet!

Discard all but 10 grams of your starter mixture and combine 25 grams of unbleached flour, and 25 grams of water (same temperature as before) in a glass jar. Mix with your spatula until well combined. Cover with a Lid and store at room temperature for 24 hours.

Day 3 - Morning

Again, you may or may not already see some fermentation activity, but she's not alive yet!

Discard all but 10 grams of your starter mixture and combine 25 grams of unbleached flour, and 25 grams of water (same temperature as before) in a glass jar. Mix with your spatula until well combined. Cover with a Lid and store at room temperature for 24 hours.

Day 4 - Morning

Discard all but 10 grams of your starter mixture and combine 25 grams of unbleached flour, and 25 grams of water (same temperature as before) in a glass jar. Mix with your spatula until well combined. Cover with a Lid and store at room temperature for 24 hours.

Day 4- Evening

You should start to see signs of fermentation activity if you haven't already. There will be bubbles scattered on the sides and top, and the level of the mixture might have risen and fallen a little (evidenced by streaks on the sides of the jar).

Day 5 - Morning

You'll notice that Josie's fermentation activity increase more and more There will be small and big bubbles not only on top, but under the surface of the mixture (by looking at the side of the glass jar) Before feeding again, allow starter to reach its peak. (typically 6-8 hours) At this point you can start baking with the sourdough! (You always want to bake when the starter is at its peak)

Now that your starter is revived, start the daily feedings: We use a 1:2:2 ratio

50g starter
100g 50/50 whole wheat/white flour mix
100g water

Stir well and cover with lid but don't make it airtight. If you aren't using Josie frequently, feed your starter, let it rise and then seal the jar and place it in the fridge. You can keep her in the fridge for months, just take her out and feed her once a week to maintain.