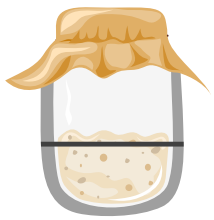


FREEZE DRIED SOURDOUGH STARTER

INSTRUCTIONS

www.okanagancrunch.com

scan QR code to go to
online instructions



Nutritional values &
ingredients online! Use
AP or Bread Flour

DAY 01

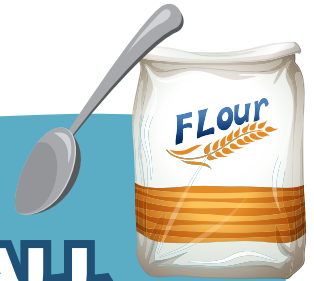
RE- HYDRATE



Day 1 take 1 TBSP of starter from your package and place in a small jar/container and add 1 TBSP of water. Let hydrate for 30 minutes. Use whatever water you have handy as long as it is not over chlorinated. After 30 min feed 1 TBSP flour & 1 TBSP water. Cover & leave.

DAY 02

SMALL MEAL



AM, feed 1 TBSP flour & 1 TBSP water. Leave for 3-4 hours then in the PM transfer to larger container and feed again 1 TBSP flour & 1 TBSP water. Cover & leave overnight. Wrap if in a cold home

DAY 03

BIGGER MEAL

Day 3 feed starter $\frac{1}{3}$ cup flour and $\frac{1}{3}$ cup water. The consistency should be gummy/thick. If it is runny before you begin this step add a little less water in this step. Cover top loosely again and wrap (towel) if you live in a cold home. There may be small bubbles now & it will rise. If you are baking tonight, you will. need to feed again after it rises to get enough for your recipe (see video)



DAY 04

FEED & BAKE



Today is the day if you did not bake yesterday late. Your starter should have risen by now (and may have fallen) but you likely won't have enough to bake. Feed your starter enough flour & water so you have enough for your recipe (plus a little left to keep your starter going). Put in a warm spot for faster results.

Store in fridge if not using. If you are not using on Day 4, feed only 1 TBSP flour & 1 TBSP water, then store in fridge.