



POGIE BAIT BAKERY

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A Look Behind Sourdough Starter:

So, what is a sourdough starter anyways?

Sourdough starter is a collection of wild yeast which is grown in a stable environment. Sourdough starter is used to flavor and leaven bread, as well as other baked goods. It not only adds to the flavor profile of bread, but it also has health benefits, and many find sourdough much easier to digest. A happy starter doubles easily and has bubbles throughout and makes for happy baking.

To Buy or Make Your Own?

You can purchase my Dehydrated Sourdough Starter "[Miss Kneady Bitch](#)", or you can make your own. Both are great ways to get started with sourdough, and buying the dehydrated sourdough starter makes it a much faster process. Creating your own is a more rewarding, but time-consuming, process. A newly created can take around a week to a couple of weeks to be ready to use in baking. You've made the first step in working with sourdough, you have purchased some dry starter to begin the process! Sourdough is a rewarding experience in and of itself!

Why would you want to have dry sourdough starter?

There are many reasons why you would want dry or dehydrated sourdough starter, but here are a few of the most common:

1. Simply to start baking with sourdough without having to create your own sourdough starter.
2. It's a good idea to dehydrate your sourdough starter, if you have made your own starter to keep as a backup. It ensures that if something happens to the one you are using you still have some of it saved just in case. You never know when you might bake or drop your sourdough starter on accident.
3. Long Term Storage: Sourdough starter that has been dehydrated and stored in an airtight container in the freezer almost stores indefinitely. The process of dehydrating a sourdough starter puts the active wild yeasts into a dormant state until rehydrated and is a great way to keep a sourdough starter long term. To travel easily! Have you ever gone on vacation and wanted to take your sourdough starter with you? Dehydrating your sourdough starter is a great way to bring it with you on vacation.



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How to Rehydrate Dehydrated Sourdough Starter: A Step-by-Step Guide

Supplies you may will need for rehydrating a sourdough starter:

- Dehydrated Sourdough Starter
- A glass jar – a wide-mouth jar is easiest to use
- Cover for the jar. The lid is fine but don't tighten it on
- Gram Scale – **Important** to measure in grams
- Distilled/filtered water at room temperature
- Bread flour or a quality all-purpose flour that is **unbleached**. I prefer the King Arthur Unbleached Bread Flour

Step by Step Instructions:

- In a **clean** jar add 5-20 grams of dehydrated sourdough starter. Put what you don't use in the freezer for long term storage. It'll be safe there as a backup in case something bad happens to your starter.
- I highly recommend a 1:5:5 ratio (starter: flour: water). You can feed it at 1:1:1 but that's only recommended if you are baking right away. Other ratio options are 1:2:2, 1:3:3, 1:5:5 or 1:10:10. The higher the ratio the longer it'll take to feed and get to peak, but it'll keep it nice and strong.
- After it peaks, you'll do a 2nd feeding. First you discard half (don't put down your drain put it into your trash) then add 30g water and 30g flour, mix thoroughly and place a Rubberband (or mark the jar with a pen) at the starting level so you can see how much it grows. Your looking for it to double/ triple in size and be actively bubbly. Each feeding you'll discard before adding new flour & water. Save the discard for recipes if you'd like, so that you can minimize waste. Once your starter is ready you can plan feeding ratios and times with your intended baking goals, this will minimize the amount of discard, if any, you'll have.
- Feed your new starter twice a day, give her a NEW name since she becomes something different and talk to her nicely ☺. In 2-3 days she'll be ready to use to bake a great loaf of sourdough.

Naming Your New Starter

- Once you begin feeding Miss Kneady Bitch's offspring, she becomes her own unique culture. Give her a name that fits her personality — sweet, sassy, dramatic, or chaotic. Popular naming styles include:
 - - Bread puns (Dough-ly Parton, Bread Sheeran, Jane Dough)
 - - Attitude names (Sassy Pants, Cranky Crumb, Flour Power)
 - - Family lineage (Kneady Bitch Jr., Lil' Bitch, Baby Dough-Dough)
 - - Kitchen gremlin energy (Bubble Goblin, Yeast Beast, Crumb Gremlin)
- Your starter is alive, evolving, and absolutely deserving of a name that makes you laugh.

Thank you for your Support

Stepfani & Booga