



SOURDOUGH STARTER RECOVERY

1. Early in the morning, let's say 8am - pour the starter flakes into a medium-sized bowl. Whisk in $\frac{1}{4}$ cup of flour and $\frac{1}{4}$ cup of filtered or spring water. Cover with plastic wrap and leave it out on the counter
2. Repeat Step 1 at lunch time or mid afternoon and cover the bowl.
3. Before going to bed, whisk in $\frac{1}{2}$ cup each of the flour and water, cover and leave out on the counter, overnight.

Hopefully, in the morning you will have a bowl of bubbly starter to start baking with but if not, continue feeding it - this may take a couple of days.

Once your starter is alive and active, put about 1 tablespoon of starter in a lidded container and feed it with 50 grams of all-purpose flour (I use unbleached), 50 grams of whole wheat flour, and 100 grams of filtered water. Leave it out on the counter if you are baking bread or refrigerate it.

Remove it from the refrigerator the day before you bake. Or, if you aren't baking feed it once a week by removing all but a tablespoon of starter and adding flour and water described above and put it back in the refrigerator.

I've gone as far as 2 weeks without feeding and my starter will still come back healthy as ever.

If you have any questions, please reach out. I'm here to help.

Julie