

Sourdough Starter from “Jean-Luc”

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I would say this is “Illinois Sweet” Starter, Father Dominic mentioned that there are two starters he has found in Illinois, this sweet cider vinegar style and a tangier sour.

To revive your dried Sourdough Starter:

1) Your bag has 6 tsp. (2 Tbs.) starter in it.

Measure out **1 tsp.** into a small bowl.

(Save the rest until you’ve been successful)

Add:

1 Tbsp. lukewarm water

Let it sit for a minute or two so the flakes soften up, then add:

1 Tbsp. flour

Stir until combined.

Cover with plastic wrap or a lid and leave out on your counter for 24 hours. Room temp - about 65 to 80 degrees Fahrenheit, the cooler the room the slower the process. Don’t place it in direct sunlight.

2) If your house is cool, it may take longer, but at this point the mixture may start to look bubbly.

Add:

1 Tbsp. flour

1 Tbsp. water

Cover with plastic wrap and leave out on your counter for another 12 hours.

By covering it, you are keeping out other wild yeasts that may already be in your kitchen.

3) By now it should be nice and bubbly. Stir it up and add:

1/8 cup lukewarm water

1/4 cup flour

Stir it up, cover it again, and let it sit on the counter for 12 hours or so until it is bubbly.

4) If your starter mixture doesn’t have tiny bubbles or foam in it yet, and when you stir it doesn’t feel a little gluey, something has gone wrong. Start over from the beginning with another tsp. of starter flakes.

If your mixture has bubbles, repeat the above step using **1/4 cup water and 1/2 cup flour** for 2 more days. If you end up with an overflowing container, just throw away some of the starter before you add more flour and water.

5) Stir it up, and put it in a glass or ceramic container. If you have one with a lid that just sits on top that is perfect. I keep mine in a mason jar with a plastic lid, not tight but screwed down, in the refrigerator.

Your sourdough starter is now revived, so **put it in the fridge** until you’re ready to use it! You can save the extra starter in the freezer in case something happens to your batch, or you can give it to a friend - don’t forget to give them a copy of this guide.

Nice Video here:

http://www.breadtopia.com/starter_instructions