



Welcome to the Start of Your Sourdough Journey!

Bringing Miss Bubbles Back to Life

Thank you for purchasing a Thyme Saver dehydrated sourdough starter! You're just a few simple steps away from bringing it back to life and baking your own delicious, homemade sourdough.

As your starter wakes up, bubbles, and grows, we encourage you to give it a name! After all, it's a living part of your kitchen — a little companion that will help you create amazing bread and memories for years to come.

In the U.S., the term "starter" is commonly used to describe what European bakers call *leaven*. This *leaven*—or *starter*—is a well-fed, active culture ready to be added to dough to initiate the fermentation process.

Reviving dehydrated *Bubbles* into a fully active starter takes approximately **48 to 72 hours** (2 to 3 days). Each day, you'll follow a simple step and repeat it every 24 hours at the same time.

To Revive Bubbles, You Will Need:

- *Bubbles* (the starter)
- Unbleached all-purpose flour
- Spring water
- A clean jar
- A spoon or spatula

The process consists of two steps:

1. The **first feed** (more water than flour) helps the bacteria and yeast revive from their dormant state and spread quickly throughout the mixture.
2. The **second feed** (equal parts water and flour) nourishes the microbes, encouraging them to multiply and thrive.

Day 1: Get It Started (First Feeding)

In your jar, combine:

- 15g dried starter
- 80g unbleached bread flour
- 90g spring water – Warm the water to 100–103°F by microwaving for 15–20 seconds. Use a digital thermometer to ensure accuracy.



Day 2: Second Feeding

Measure out **110g** of the starter mixture and transfer it to a clean jar or bowl.

Add:

- 110g unbleached all-purpose flour
- 110g warm spring water – Ideally use purified or spring water, or any chlorine-free water to avoid slowing microbial activity.

Mix well until fully combined. Cover loosely and let it rest at room temperature until it doubles in size—typically within 4 to 8 hours, depending on the warmth of your kitchen.

Your starter thrives in a warm, cozy environment—ideally around **70°F**. If your kitchen is cooler, try placing it:

- On top of the refrigerator near the back vent
- Inside your oven with only the **light on**—not the heat!

Ready to Bake!

Once your starter is bubbly, has a pleasantly sour aroma, and has doubled in size, it's ready to use! You can incorporate it into your favorite sourdough recipes or store it in the refrigerator, feeding it once every two weeks (every 14 days) until you're ready to bake.

When feeding your starter, remember the ratio:

- 110g starter
- 110g unbleached all-purpose flour
- 110g spring water – Warm the water to 100–103°F by microwaving for 15–20 seconds. Use a digital thermometer to ensure accuracy.



Helpful Tips:

- If your starter doesn't rise well on Day 2, simply repeat the feeding and give it another 24 hours.
- **Use a kitchen scale** for the best results—accuracy is key in sourdough.
- **Non-chlorinated, lukewarm water** works best—filtered or spring water is ideal. Chlorine in regular tap water may hinder your starter's growth.
- Your starter thrives in warm spots—place it near (but not on top of) the oven for warmth.

After two weeks, if you need a quick refresher, check out my video, *How to Feed Your Sourdough Starter* for an easy, step-by-step guide.



Watch how it's done — scan the QR code to view my rehydration video on YouTube!

Or enter this link into your browser

<https://tinyurl.com/yeynxf3p>

We're so excited to be part of your sourdough adventure. Happy baking!