

# Twice as Tasty

<http://www.twiceastasty.com>

---

## Dehydrating Sourdough Starter

---

By Julie Laing

Drying your sourdough starter has many advantages, including these:

- You can share it by handing someone a packet or mailing it—anywhere in the world.
- You can keep a backup of your favorite starter in case something happens to your active jar.
- You can put your starter “on hold” for a baking break or if you’ll be traveling.
- You can use dehydrated starter to experiment with a new hydration level or types of flour without altering your existing successful starter.

I’ve tried two similar techniques to dry starter, and I recommend using a food dehydrator if you own one with a setting well below 130°F (the temperature at which the yeast will die). A dehydrator needs minimal monitoring and is unlikely to pick up household dust. If you don’t have a dehydrator, you can use the second, open-air method.

---

### Method 1: Dehydrating Sourdough Starter

---

1. Feed your starter and let it sit at room temperature until it starts to bubble. While you wait, cut parchment paper into sheets that fit your food dehydrator’s trays.
2. Use a spatula to spread the starter as thinly as possible on the parchment, filling as many trays as you like. *Unless you’re drying all of your starter to store it long term, leave some starter in your jar and feed it again for your next baking day.*
3. Set your dehydrator to its lowest setting (preferably below 100°F), add the trays, and let the starter dry for several hours or overnight, until it becomes brittle and peels easily off the parchment. Turn off the dehydrator and let the starter sit until it cools to room temperature.
4. Remove the dried starter from the parchment, breaking or crushing it into chips small enough to store or share.
5. Transfer the chips to a glass jar with an airtight lid, and store it in a cool, dark place.

---

### Method 2: Air-Drying Sourdough Starter

---

1. Feed your starter and let it sit at room temperature until it starts to bubble. While you wait, cut parchment paper to fit baking sheets and secure it to them with binder clips. Prepare a place in a warm room where the baking sheets will be able to sit undisturbed for a day or more.
2. Use a spatula to spread the starter as thinly as possible on the parchment. *Unless you’re drying all of your starter to store it long term, leave some starter in your jar and feed it again for your next baking day.*
3. Set the baking sheets in the warm room, and check the starter occasionally, until it becomes completely dry and brittle; this may take several days in a humid house.
4. Remove the dried starter from the parchment, breaking or crushing it into chips small enough to store or share.
5. Transfer the chips to a glass jar with an airtight lid, and store it in a cool, dark place.