

Everything You Need to Know About Baking Yeast

Dry yeast is a deactivated single-celled organism that feeds on sugars, it converts them to carbon dioxide and ethanol, making dough rise. Just add warm liquid to activate. All types of dry yeast comes in jars, bags, or individual packets (set of 3). Freeze to extend shelf life.

Most yeasts are interchangeable in recipes-including sourdough-but you have to follow rules for best results.

NOTE: We do not discuss wet yeast (except sourdough), as it is mainly used commercially. Dry yeast is the best option for home bakers.



Active Dry Yeast (ADY)

- Most common type of yeast used in home baking.
- Least active dry yeast, highly perishable.
- Most** recipes written for this yeast (*tho this is changing*).
- Must be proofed in bowl before adding to dough.
- Use water between 105F-115F to proof. (Very temp. sensitive!)
- Needs two rises. Best for long or cold rises.

Instant Yeast

- Also called:** Instant active dry, instant rise, perfect yeast.
- A dry yeast w/smaller granules than ADY for better activation. Easiest to use for home bakers (recommended).
- Needs only one rise.
- Activate in warm water up to 130F.
- Does not require proofing--add directly to dough.
- Needs just one rise, tho usable for long, cold, and double rises.
- To sub for ADY, add directly to dough. Use 25-30% less than ADY.

Rapid Rise Yeast

- Also called:** quick rise, rapid rise, fast-acting instant, bread machine yeast.
- An instant yeast with even faster activation. Needs only one rise.
- Activate in warm water up to 130F.
- Does not require proofing--add directly to dough.
- Not good for cold-proofing, long rises, or double rise recipes.
- Interchangeable for bread machine yeast.
- If subbed for instant yeast, go by visual cues (do not follow recipe times).
- NOT an ideal sub for ADY but follow rules for instant yeast if you do.

Sourdough Starter

- A yeast you keep alive in your refrigerator by feeding.
- Must remove from fridge and feed several hours before it's ready to use ("active").
- Can sub for dry yeasts, but may require experimentation.

Tips for Using and Substituting Yeasts

- 1 package ADY, Instant, or Quick Rise Yeast = 2.25 tsp = 7 grams = 1/4 ounce= (app.) 1 Cup sourdough starter.
- If subbing ADY for instant or quick rise yeast, *must* be proofed in separate bowl before adding to dough. Use liquid from the recipe--do not add extra liquid.
- ADY requires more than one rise; instant and quick rise yeast need only one rise. I.e., rise in dough pan, then bake.
- Use 25-30% less instant yeast than ADY--Varies by recipe and requires experimentation. Also OK to use full amount (but usually not needed).
- For sweet doughs:** Do not reduce yeast for doughs that are 5% sugar or more by weight--or use osmotolerant yeast like Saf Gold.
- For best results, do not sub quick rise yeast in an ADY recipe.
- Always use correct water temp for best results.**
- Weigh ingredients--do not rely on measuring cups--for best results.**



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