



ultimate guide to **BAKING WITH YEAST**



ACTIVE DRY YEAST

Persishable; check date before use
Must be activated in warm liquid
Will die in liquids warmer than 115°F
Made for recipes with more than
one rise



RAPID RISE YEAST

Can be mixed into dough right
away
Can withstand liquids up to 130°F
Not for refrigerated doughs
Made for recipes with one rise
Not for long, slow rises



INSTANT YEAST

Can be mixed into dough right away
Can withstand liquids up to 130°F
Made for recipes with more than one
rise



SUBSTITUTING YEAST

You will need **25% more** active dry
yeast when substituting it for instant
yeast.
If a recipe calls for 1 teaspoon of
instant yeast, use 1 1/4 teaspoons of
active dry yeast.

