Temperatures for Yeast Bread Production

34° F.  Yeast will not die at below freezing, but is inactive below this temperature.

78°- 82° F.  Recommended temperature of dough after mixing/kneading.

80° - 85° F.  Desirable fermentation temperature for a “straight dough” method.
   - mix dough; raise (ferment); punch; rest; shape; proof; bake

90°- 100° F.  Desired temperature for proofing shaped dough; raise/proof dough in draft-free place, covered, or in a humid enclosed space (proof box).
   (Create your own proof box: turn oven on and then off—90-100° F. — with a steaming bowl of water in the oven bottom)

90°- 100° F.  Internal temperature of bread when ready to wrap; cooling to lower temperatures results in drying out of bread.

95°- 100° F.  Temperature for re-hydrating active dry yeast – 1/4 cup water to 1/4 oz/7g yeast—remaining liquids in recipe may be cooler for slow fermentation or if dough will be refrigerated and shaped at another time.

120 - 130° F.  Liquids may be up to this warm when dry yeast is mixed with part of the flour before the liquids are added. (Method used for a fast-rising, short fermentation— ~10 minutes—yeast dough.)
   Cold fermentation/refrigerated doughs: Warmer liquids are not needed to activate dry yeast (active or fast-rising) if a long fermentation time is used—the yeast will become active even at 80° F. or cooler.

140°F.  Temperature at which yeast is destroyed.

200° - 210° F.  Internal temperature of bread when done.

Sources:  Bread World web-site/Resource Center. www.breadworld.com
   Breads the Significant Edge. Sharon Davis. www.homebaking.org
   Kneaded Notes. Carol Stevens. www.redstaryeast.com