

## 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

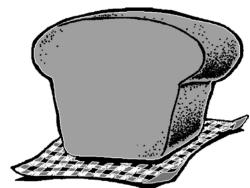
  fermentation or if dough will be refrigerated and shaped at another time
- 120 130° F. Liquids may be up to this warm when dry yeast is mixed with part of the flour before the liquids are added. (Method used for a fast-rising, short fermentation– ~10 minutes– yeast dough.)

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



A BAKER'S DOZEN Appendix