WHAT’S THE DIFFERENCE BETWEEN BAKING POWDER and BAKING SODA?

Both are leavening agents which cause baked goods to rise, but they are not created equal.

**BAKING POWDER**
- Contains both an acid and an alkaline component (usually baking soda) which react to release carbon dioxide.
- Carbon dioxide bubbles in batter cause baked goods to rise.
- Can contain two kinds of acid:
  - Slow-acting acid: will not react until heated
  - Fast-acting acid: reacts in a wet mixture

**BAKING SODA**
- Must be combined with an acid ingredient such as buttermilk or molasses to react and release carbon dioxide.
- Carbon dioxide bubbles in batter cause baked goods to rise.

**TWO TYPES OF BAKING POWDER:**
- **Single Acting**: Includes only slow or fast reacting acid
- **Double Acting**: Contains both slow and fast reacting acid. Rises with addition of liquid AND again with heat

**MORE ABOUT SODA**
- Can leave a bitter taste if not combined with acid
- Reacts with liquid, not heat.
- Because it reacts with liquid upon contact, baking soda should always be combined with other dry ingredients first.
- For best results, batter should be placed in the oven immediately.

Don’t have all day?
QUICK BREAD TO THE RESCUE!

Both baking powder and baking soda provide faster leavening than yeast fermentation. That’s why breads and muffins made with either are called “quick breads.”

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