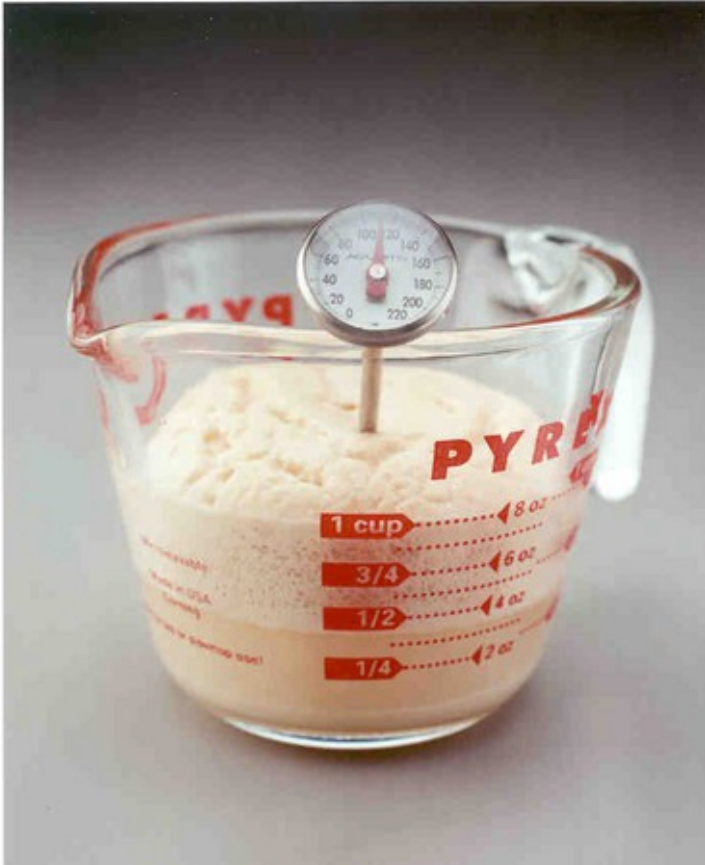


Yeast Freshness Test

<http://www.redstaryeast.com/lessons-yeast-baking/yeast-shelf-life-storage/yeast-freshness-test>



Follow these steps if you are unsure of the freshness of your yeast (or just want to give it a 'good start').

- Using a one-cup liquid measuring cup, dissolve 1 teaspoon of granulated sugar in 1/2 cup warm tap water at 110°F-115°F.
- **Using a thermometer is the most accurate way to determine the correct liquid temperature. Any thermometer will work as long as it measures temperatures between 75°F and 130°F.**
- If you don't have a thermometer, the tap water should be warm but NOT hot to the touch.
- Stir in one 1/4 oz. packet (7g) or 2-1/4 tsp of dry yeast until there are no more dry yeast granules on top. Yeast should be at room temperature before using.
- In three to four minutes, the yeast will have absorbed enough liquid to activate and start to rise.
- After ten minutes, the foamy yeast mixture should have risen to the 1-

cup mark and have a rounded top. It should look like the picture.

- If this is true, your yeast is very active and should be used in your recipe immediately.
- **Remember to deduct 1/2 cup liquid from the recipe to adjust for the water used in this test.**
- If the yeast did not rise to the 1-cup mark, your yeast has little or no activity. Discard this yeast.