

HOME BAKING WITH INSTAFERM® 01



STORAGE INFORMATION

- Can be stored at ambient temperature up to the date printed on the package, if the pack is unopened.
- Once opened, we recommend transferring the yeast to an airtight container. Keep container in the refrigerator for a few months, or in the freezer up to 1 year.

REHYDRATION

- **INSTAFERM® 01** does not need to be rehydrated.
- Simply blend it in your flour/dry ingredients and then add your liquids and mix/knead your dough.

BASIC BREAD RECIPE

- 500 g (3 cups) strong white flour or all-purpose flour
- 10 g (2 tsp) salt
- 10 g (2 tsp) **INSTAFERM® 01**
- 15 ml (3 tbsp) oil (optional)
- 300-325 ml (1¼-1½ cup) water (at room temperature or slightly warmer)

METHOD

Mix flour, salt and **INSTAFERM® 01** in a large bowl. Make a well in the center, then add the oil and water, mix well (start with 300 ml water and add a bit of water if you feel the dough is too stiff; some flours hydrate better than others). Transfer to a lightly floured surface and knead for around 10 mins, until the dough is smooth and homogenous. Place the dough in a lightly oiled bowl and cover with damp cloth or plastic film. Leave to rise for 60-90 minutes (until doubled in size). Knock the dough back onto the work surface. At this point you have a choice of shaping one large loaf, or divide the dough in 2 to make smaller loaves, or even more to make small buns. Place on a cookie sheet lined with parchment paper and leave to rise until double in size (approx. 1h). Make an incision (or two, or three) on the top of the loaf with a very sharp knife or razor blade. Bake in a pre-heated oven at 200°C/400°F for approximately 30-40 mins, depending on the size of your loaves (less if you are making smaller buns), until golden brown and the loaf sounds hollow when tapped underneath.

RECOMMENDED USE

- The recommended dosage for 500 g (3 cups) of flour, is 10 g (2 tsp) **INSTAFERM® 01**.
- If you are following a recipe, simply use the recommended dosage of that recipe.

BAKED GOODS

- **INSTAFERM® 01** can be used in bread, pizza and any other dough recipe that asks for yeast.
- Use the recommended dosage of recipe you are following.
- For sweet dough like brioche (sugar content higher than 10-15% based on flour weight), we recommend adding an extra teaspoon of yeast.

FERMENTATION TIME: NO-KNEAD BREAD

- Many recipes of no-knead bread can now be found, either on-line or in recipe books.
- It is important to understand that the amount of yeast is much smaller for that kind of process.
- Yeast dosage depends largely on the fermentation time called for in the recipe and no-knead bread has a 12 h to 18 h fermentation time, so it needs less yeast than a regular 2 h to 4 h process. In any case, if you are following a recipe, use the recommended dosage in that recipe.

BREAD MACHINES

- **INSTAFERM**[®] 01 is perfect for bread machine baking.
- Simply follow the guidelines of the Guide/Recipe book that comes with the bread machine.

DRY YEAST vs FRESH YEAST

Should you come across a recipe that calls for fresh baker's yeast:

- replace it with instant dry yeast by cutting the amount in 2.

⇒ Example: a recipe calls for 20 g of fresh yeast, use 10 g of instant dry yeast.

INSTANT DRY YEAST vs ACTIVE DRY YEAST

- Instant dry yeast and Active dry yeast are interchangeable: If your recipe calls for 1 teaspoon of active dry yeast, you can use 1 teaspoon of instant dry yeast.
- There is however one major difference between the two:
 - ⇒ Active dry yeast needs a rehydration step, so you would rehydrate the yeast in warm water for a few minutes (with a bit of sugar) to activate it.
 - ⇒ Instant dry yeast does not need to be rehydrated; simply blend it in your flour/dry ingredients and then add your liquids and mix/knead your dough
- **Important:** If you replace active dry yeast with instant dry yeast:
 - ⇒ don't forget to calculate the total water in your recipe.
 - ⇒ If the recipe called for some water to rehydrate active dry yeast (ex: 50 ml) and some water for the final dough (ex: 200 ml), simply make sure that you use the total amount (ex. 250 ml) in your process.

TROUBLESHOOTING: BREAD IS NOT PROOFING FAST ENOUGH

There could be several reasons why dough does not proof enough or fast enough:

- Be careful not to add liquids that are too hot or too cold. Yeast is a fragile living organism that will react to sudden changes in temperature. Use liquids that are at room temperature or slightly warmer.
- The temperature of the dough and of your kitchen is also important; yeast will perform better in warmer conditions. In cooler conditions, proof time could be longer.
- Yeast is also sensitive to sugar level and will rise more slowly in sweet dough. If you use it in sweet dough, fermentation might take longer.
- The yeast might be passed its expiry date or might not have been kept under the right conditions.
- Should you want to test if your yeast is still good, dissolve ½ teaspoon of sugar in 60 ml (¼ cup) of water, add 1 teaspoon of instant dry yeast and stir gently. Rest for 5 to 10 minutes. If you see that the mixture starts frothing, the yeast is alive; if not then it is time to purchase a new pack.

CONTACT

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