## YEAST DOUGH MIXING METHODS

#### Procedure: Straight Dough Mixing Method for Yeast Products

ta. In the mixing bowl that is to be used for mixing the dough, soften fresh yeast or active dry yeast in a little of the water (a).



Fresh yeast. Mix with about 2 times its weight in water, or more.

Ideal water temperature: 100°F (38°C).

Active dry yeast. Mix with about 4 times its weight in water.

Ideal water temperature: 105°F (40°C).

- 1b. If using instant dry yeast, mix it directly with the flour.
- Add the flour to the mixing bowl (b).
- Add the remaining ingredients to the top of the flour in the mixing bowl.
- Mix to a smooth, developed dough (c).





### Procedure: Modified Straight Dough Method

- If using fresh or active dry yeast, soften the yeast in part of the liquid, using a separate container (a). If using instant dry yeast, mix it with the flour.
- Combine the fat, sugar, salt, milk solids, and flavorings and mix until well combined, but do not whop until light.
- Add the eggs gradually, as fast as they are absorbed.
- 4. Add the liquid and mix briefly.
- Add the flour and yeast. Mix to a smooth dough (b, c).







#### Procedure: Sponge Method

- Combine part or all of the liquid, all of the yeast, and part of the flour (and, sometimes, part of the sugar). Mix into a thick batter or soft dough. Let ferment until double in bulk.
- Fold (punch down) and add the rest of the flour and the remaining ingredients. Mix to a uniform, smooth dough.

# **Professional Baking With Method Cards**

**Wayne Gisslen** 

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