

GUIDELINES FOR PREPARATION OF YEAST DOUGHS

1. The water temperature in which the yeast is dissolved is important. If temperatures above 110°F. are used, the yeast will be killed. If under 105°F. the yeast's growth or development will be retarded.
2. The amount of water required may vary from that specified in the recipe due to variable amounts of moisture in the flour.
3. Full mixing or dough development produces better volume and lighter yeast products.
4. Lightly grease the bowl in which the dough is allowed to rise. Heavy greasing may cause streaks in the bread.
5. Yeast dough is ready to be punched when it is light and about double in bulk. To test, press the dough lightly with a finger tip. If the impression remains and the dough recedes slightly, it is ready to be punched.
6. Punching should be just enough to expel gases.
7. The dough for rolls is usually softer than that for bread.