

Directions for Use Guide for Instant Yeast

Conversion Charts

When converting from compressed yeast to instant yeast, use 1/3 the amount of compressed yeast. Add additional water to the dough equal to at least 2 times the amount of instant yeast used.

Compressed Yeast	Instant Yeast	Additional Water
3 oz. =	1 oz. +	2 oz.
6 oz. =	2 oz. +	4 oz.
9 oz. =	3 oz. +	6 oz.
12 oz. =	4 oz. +	8 oz.
1 lb. (16 oz.) =	5 1/2 oz. +	11 oz.
1 lb. 8 oz. =	8 oz. +	1 lb.

When converting from active dry yeast to instant yeast, use 3/4 the amount of active dry yeast.

Weight		Dry Measure	
Active Dry Yeast	Instant Yeast	Active Dry Yeast	Instant Yeast
1 oz. =	3/4 oz.	1 tbsp. =	3/4 tbsp.
2 oz. =	1 1/2 oz.	2 tbsp. =	1 1/2 tbsp.
3 oz. =	2 1/4 oz.	3 tbsp. =	2 1/4 tbsp.
4 oz. =	3 oz.	4 tbsp. =	3 tbsp.
5 oz. =	3 3/4 oz.	1/4 cup =	3 tbsp.
6 oz. =	4 1/2 oz.	1 cup =	3/4 cup
7 oz. =	5 1/4 oz.	2 cups =	1 1/2 cups
8 oz. =	6 oz.	3 cups =	2 1/4 cups

Procedures for Use

The versatility of instant yeast gives the baker a choice of applications:

- Place water in mixing bowl. Add all ingredients (flour, sugar, salt, etc.) except instant yeast. Turn mixer on low speed for 30 to 45 seconds. Add instant yeast to the center of the mixing bowl. Continue mixing for 30 to 45 seconds or until yeast is incorporated. Turn mixer to higher speed and continue mixing to full development (minimum 5 minutes). Recommended finished dough temperature: 82° to 88° F.
- Combine all dry ingredients including instant yeast in mixing bowl. Turn mixer on low speed approximately 1 minute, then add the total formula water. Turn mixer to higher speed and continue mixing to full development (minimum 5 minutes). Recommended finished dough temperature: 82° to 88° F.
- For cold Danish-type doughs (55° to 65° F.) rehydrate instant yeast. We recommend thoroughly blending instant yeast in part of the total formula water (4 parts 90° to 110° F. water to 1 part instant yeast) for a minimum of 5 minutes.

Note: For the very best results, give your doughs 20 minutes floor time. For "no-time" doughs, run according to manufacturer's recommendations. These procedures are presented as guidelines. Call our technical service team at the Lesaffre Yeast Corporation with questions.

General Information

"Rock Hard" Package Ensures Freshness

Because instant yeast is vacuum-packed, each package should feel "rock hard" before opening. Once opened, the yeast pours freely for easy measurement or scaling.

Storage

Unopened, instant yeast needs no refrigeration and will stay fresh for up to one year. After opening, store instant yeast in an airtight container in the refrigerator; use within one month.

Dough Temperatures

With instant yeast, warmer-than-usual dough temperatures (in the 82° to 88° F. range) may provide a better growth environment for the yeast.

Use this simple formula to figure the water temperature needed to produce a finished dough temperature in the 82° to 88° F. range. Subtract the temperature of the flour from the number 145 to determine what water temperature is needed.

Example:
$$\frac{145 - 65^\circ \text{ F. flour temp.}}{80^\circ \text{ F. water temp.}}$$

Due to the friction factor (the heat generated during mixing), some minor adjustments to this formula may be necessary.

Attention: Keep Instant Yeast from Ice or Cold Water

Keep instant yeast out of direct contact with ice or cold water. Procedure: Add ice to formula water. Add flour and other ingredients (except yeast) on top of ice. Mix 2 to 3 minutes (or until dough mass reaches a minimum of 70° F.) before adding instant yeast. Proceed as usual.

Danish/Croissant Procedure

- Place water in mixing bowl. Add all ingredients except instant yeast. Turn mixer on low speed for 30 to 45 seconds. Add instant yeast to the center of the mixing bowl. Continue mixing an additional 30 to 45 seconds or until yeast is incorporated. Turn mixer to higher speed and mix at least 5 minutes more.
- Recommended finished dough temperature: 75° to 80° F.
- Give dough 20 minutes floor time.
- Place dough in retarder or freezer until desired working temperature is achieved. (If you prefer to rehydrate, refer to Procedures For Use step 3.)

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Lesaffre Yeast Corporation • Red Star Yeast Company LLC
 7475 West Main Street • Milwaukee, WI 53214
 Phone: (877) 677-7000 • Fax: (414) 615-4003 • www.lesaffreyeastcorp.com

Directions for Use Guide for Active Dry Yeast

Conversion Chart

Compressed Yeast	Active Dry Yeast	Instant Yeast	
Weight	Weight	Weight	Measurement
1 oz.	1/2 oz.	1/3 oz.	1 1/2 tbsp.
1 1/2 oz.	3/4 oz.	1/2 oz.	2 tbsp.
2 oz.	1 oz.	2/3 oz.	3 tbsp.
4 oz.	2 oz.	1 1/3 oz.	1/4 cup
6 oz.	3 oz.	2 oz.	1/3 cup
8 oz.	4 oz.	2 2/3 oz.	1/3 cup + 3 tbsp.
10 oz.	5 oz.	3 1/3 oz.	1/2 cup + 2 1/2 tbsp.
12 oz.	6 oz.	4 oz.	2/3 cup
1 lb.	8 oz.	5 1/3 oz.	3/4 cup + 3 1/2 tbsp.
1 lb. 8 oz.	12 oz.	8 oz.	1 1/3 cups
2 lb.	1 lb.	10 2/3 oz.	1 3/4 cups + 3 tbsp.

For Consumer Use

1 package 1/4 oz. 2 1/4 tsp.

Procedures for Use

1. Dissolve active dry yeast in lukewarm water (95° to 110°F).
2. Use 5 parts water to 1 part active dry yeast.
3. Stir until completely dissolved.
4. Let stand 5 to 10 minutes

Example: Recipe calls for 3 oz. active dry yeast. Dissolve 3 oz. active dry yeast in 15 oz. lukewarm water.

These procedures are presented as guidelines. If you have questions, call our technical service team at the Lesaffre Yeast Corporation.

General Information

Longer Shelf life

Unopened active dry yeast can be stored at room temperature for up to one year from date of manufacture. Once opened, the remaining product should be stored, tightly covered, in the refrigerator. Use within one month.

Easy to Measure

Once opened, active dry yeast flows freely and can be easily and accurately scaled without waste.

Excellent Uniformity

With active dry yeast, you can count on consistent fermentation and excellent quality end products time after time.

Increased Machinability

Active dry yeast improves the machinability of the dough, relaxing it and making it easier to mold and shape. This is important for pizza crusts, round loaves, or long "French-style" breads.

Technical Service

Lesaffre customers have technical service and customer assistance just a phone call away, at (414) 615-4094.

LESAFFRE 
YEAST CORPORATION

RED STAR 
Yeast Company LLC

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7475 West Main Street • Milwaukee, WI 53214
Phone: (877) 677-7000 • Fax: (414) 615-4003 • www.lesaffreyeastcorp.com

Compressed Yeast to Instant Yeast Conversions

Compressed Yeast	=	Instant Yeast	+	Additional Water
1 lb. (16 oz.)	=	5 1/2 oz.	+	11 oz.
1 lb. 4 oz.	=	7 oz.	+	14 oz.
1 lb. 8 oz.	=	8 oz.	+	1 lb.
1 lb. 12 oz.	=	9 1/2 oz.	+	1 lb. 3 oz.
2 lbs.	=	11 oz.	+	1 lb. 6 oz.
2 lbs. 4 oz.	=	12 oz.	+	1 lb. 8 oz.
2 lbs. 8 oz.	=	13 1/2 oz.	+	1 lb. 11 oz.
2 lbs. 12 oz.	=	15 oz.	+	1 lb. 14 oz.
3 lbs.	=	1 lb.	+	2 lbs.
3 lbs. 4 oz.	=	1 lb. 1 1/2 oz.	+	2 lbs. 3 oz.
3 lbs. 8 oz.	=	1 lb. 3 oz.	+	2 lbs. 6 oz.
3 lbs. 12 oz.	=	1 lb. 4 oz.	+	2 lbs. 8 oz.
4 lbs.	=	1 lb. 5 1/2 oz.	+	2 lbs. 11 oz.
4 lbs. 4 oz.	=	1 lb. 7 oz.	+	2 lbs. 14 oz.
4 lbs. 8 oz.	=	1 lb. 8 oz.	+	3 lbs.
4 lbs. 12 oz.	=	1 lb. 9 1/2 oz.	+	3 lbs. 3 oz.
5 lbs.	=	1 lb. 11 oz.	+	3 lbs. 6 oz.
5 lbs. 4 oz.	=	1 lb. 12 oz.	+	3 lbs. 8 oz.
5 lbs. 8 oz.	=	1 lb. 13 1/2 oz.	+	3 lbs. 11 oz.
5 lbs. 12 oz.	=	1 lb. 15 oz.	+	3 lbs. 14 oz.
6 lbs.	=	2 lbs.	+	4 lbs.

PETER JACOBS

Directeur régional des ventes
Est du Canada

Lesaffre Yeast Corporation

960 Boulevard Industriel
Terrebonne, QC J6Y 1X1

Main 450.621.1514
Toll Free 866.621.1514
Fax 450.621.3392
Cell 416.315.9587

