

There are two different types of Yeast. There is Instant Yeast which you do not need to activate before you use and Active Dry Yeast, which you need to activate prior to use. Below are the steps to activate Active Dry Yeast.

1. Measure out the amount of Active Dry Yeast your recipe calls for.
2. Add water. The water needs to be between 100 and 110 degrees Fahrenheit. If your water is too cold your yeast will not "Activate". If your water is too hot, you risk killing your yeast. Ensure you use the exact amount of water your recipe calls for.
3. Once the water is added, add a pinch of sugar. Stir to dissolve. This provides your yeast with a little food and will encourage it to start metabolizing. If you do not have sugar, flour will work or a drop of molasses.
4. Now you will pour your yeast into the sugar water. Stir vigorously until the yeast granules are no longer discernable. Then cover your container with a towel; (yeast activates best in the dark).
5. Next you will be "proofing" your yeast. Leave your yeast in the covered container for 10 minutes, then check to see if it is alive. If your yeast is not quite where you want it leave it sit for 10 more minutes then check again. You will know that your yeast is alive and well if there is bubbly froth on the top. This means your yeast is healthy and working.
6. Now your yeast is ready to use. Add according to your recipe's instructions.