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Update on RapidRise Yeast

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UPDATE ON

RapidRise Yeast

RapidRise yeast is a product developed by Fleischmann's. It is a different, more active yeast strain which is finer and lighter in color. Its ability to raise dough may be 50 percent faster than regular. One study reported from Nabisco Brands research laboratories that the RapidRise yeast outperformed a regular yeast in leavening action by about 15 percent; after storage for 6 months at room temperature, the RapidRise outperformed regular yeast by 70 percent.

RapidRise is a different yeast strain which is treated with greater amounts of phosphorus and ammonia to increase enzymatic activity and produce greater leavening ability. The yeast also suffers less cell damage during the drying stage. The yeast cell is able to feed on sugars in the bread dough at a faster rate and produce carbon dioxide at a faster rate.

For maximum time savings, combine RapidRise directly with dry ingredients, heat liquids to 120°-130°F and add liquids to dry ingredients. There is no need to "proof" the yeast. (This is a change in temperature and procedures from page 10.)

Time savings are less dramatic with the freezer and CoolRise doughs because the exposure to cold temperature retards the action of all types of yeast. For food processor recipes, RapidRise should be combined with the flour mixture in the processor bowl in the initial mixing step. The warm water normally used for dissolving yeast and then cold liquids should then be added as the recipe directs.

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