

## What is/is not leavening?

### Not Leavening

Autolyzed Yeast: yeast that has “self-destructed” and is sterile-incapable of leavening. Brewer’s Yeast: a dead form of yeast that cannot leaven bread: a “nutritional” yeast.

Torula Yeast: a dead yeast that cannot leaven bread, considered a “nutritional” yeast.

Yeast Extract(s): Derivatives of yeast, which are sterile and cannot leaven bread.

Cream of Tartar: Tartaric acid-potassium bitrate or potassium hydrogen tartrate. This is an acid used to combine with baking soda. By itself, this is not leavening.

Tartrate powder: phosphate powder or sulfate powder-usually added with cream of tartar. By itself this is not leavening.

Alum: a metallic double salt, usually added with cream of tartar. Most common is sodium aluminum sulfate (SAS or sulfate powder), and potassium aluminum sulfate (or potash alum). By itself this is not leavening.

Sorbitan monosterate: a flavor and texture enhancer. Not leaven of and by itself.

Polysorbate 60: a preservative; not a leavening agent.

Egg whites: not a leavening agent. While beaten egg whites can be stirred into dough, it does not spread through dough as leavening does and is not leavening.

Steam or air (such as popovers or angel food cake): the same principle as egg whites applies; there is no leavening agent mixed through the dough.

### Leavening Agents

Leaven is any agent that produces fermentation and causes dough to rise, by causing the formation of carbon dioxide gas to bubble into and spread throughout the dough. This is accomplished either chemically (as with baking soda) or biologically (as with yeast).

Baking soda: a crystalline alkaline salt that gives off gas when an acid is added. The following are different types of baking soda.

- a) Sodium bicarbonate- also known as “saleratus”
- b) Potassium bicarbonate- or potash
- c) Ammonium carbonate or “bakers ammonia”
- d) Ammonium bicarbonate- also known as “hartshorn”

Baking powder- baking soda + acid-forming ingredients + starch filler

Sourdough starter- a wild yeast colony that is maintained with flour and moisture.

Yeast – a single-celled fungi, used to leaven.