

Making Yeast

Method 1

- 1 Buy a small packet of dry yeast.
- 2 Put the yeast in water of about 30 degrees celcius.
- 3 Add sugar to the yeast and water and keep the mix at between 30-38 degrees celcius.
- 4 Keep feeding the yeast sugar and it will continue to grow.
- 5 Make sure to feed your yeast every time you bake with it, and if you bake infrequently, at least once a week. Take out a bit of it/what you intend to use for baking, and add enough warm water and sugar to bring it back up to it's former proportions.

Method 2

- 1 Make bread using store bought yeast.
- 2 Keep a dollop of dough (approximately one cup).
- 3 Flatten the dollop of dough and place it in your flour bin.
- 4 A day before baking the next time, take the (now dried and hardened) piece of dough out of the bin.
- 5 Place the dry,hard dough into a bowl of warm potato and sugar water to soak.
- 6 Use the frothy water the next day as yeast and repeat the process for your next baking day.

Method 3

- 1 Make yeast "cakes" with this method.
- 2 Bring one pint of buttermilk to a boil then remove it from the stove.
- 3 Stir and add corn meal until quite thick then cool.
- 4 Soak yeast packet in warm water.
- 5 Stir the yeast into the cornmeal/buttermilk mixture and allow it to rise overnight.
- 6 Stir in half a cup or so of white flour and extra corn meal to make the dough very stiff.
- 7 Roll out to thickness of store-bought cakes, cut into squares and let dry.
- 8 Use like store bought yeast cakes.

Yeast Substitute

Prep Time: 2 minutes

Total Time: 2 minutes

Ingredients:

- Baking soda
- Lemon juice

Preparation:

1. Add all ingredients according to the recipe.
2. Then, add in equal parts baking soda and lemon juice to equal the amount of yeast called for in the recipe.
3. Bake as usual.

Tips:

1. Dough does not need rise time when made with yeast substitute.
2. The baking soda and lemon juice need to be added last for the reaction to work properly.
3. For best results, use fresh baking soda.

I had 1 tsp of yeast and needed another tsp. So I found this recipe and tried it. #1 I would like clarification from the author. As one reviewer pointed out said if 2 tsp of yeast is needed then you would use 2 tsp of baking soda and 2 tsp of lemon juice. I however did not read it that way. I read it like the first reviewer if 2 tsp of yeast is needed then I would use 1 tsp baking soda and 1 tsp of lemon juice. So clarification might make a huge difference in how this actually works. #2 I actually used the last of my yeast for 1 tsp and then did 1/2 tsp baking soda and 1/2 tsp lemon juice. It looked and tasted different than what I am used to. It wasn't bad, but it was not what I wanted. So my review is just okay. If in a pinch again I may do it again, but highly unlikely. If there IS a good substitute for yeast out there I would certainly like to know what that is.