

Brendan Scott

*What's the Big Deal About Yeast?*

Is there a better type of yeast to bake with? I wanted to test the difference between the three major types of yeast- baking, beer, and wine. I was curious to see the way the different types of yeast would change the outcome. Being in the food service industry, I am always looking for ways to improve the final product. To make three different breads each with different yeast under the exact same conditions. using baking, beer and wine yeast. I baked all the loaves the same day under the same conditions to control the various outcomes that could come from baking bread on different days because of the temperature and humidity are different each day. I did a blind taste test with all three loaves. I choose six people to rate each loaf on flavor, moisture, density, color, texture and appearance. They range from chef to general manager to science teacher. I provided a form with the categories to rate from 1 to 4. Four meaning 'excellent' and one meaning 'poor'. The only thing that varied was the time it took to raise and the flavor. With the wine yeast having a very complex flavor. The beer yeast having a more bitter flavor. and the baking yeast tasting like an average loaf of bread.