

Key Breadmaking Temperatures

Temperature is critical to the outcome of yeast breads. It affects how yeast functions, the proofing of the dough, and how well the bread bakes. Here are some key temperatures for quality yeast bread.

- 100° to 110°F – Temperature to dissolve yeast
- 120° to 130°F – Temperature for fast rising yeast mixed with flour
- 70° to 80°F – Liquid temperature for bread machine bread
- 135°F – Yeast is killed
- 84° to 86°F – Ideal yeast dough temperature
- 80° to 85°F – Ideal rising temperature
- 190° to 205°F – Final internal temperature of baked bread
- 70°F or below – Causes quick staling of bread, but can prevent mold growth



Source: Yeast Breads Made Easy, KWC

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