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Using and Storing Leavening Agents, Extracts and Flavorings Michigan State University Cooperative Extension Service Patricia Lamison, Ingham County Extension Home Economist; Virginia Messina, Foods and Nutrition Issued August 1985 2 pages

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### **USING & STORING**

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# LEAVENING AGENTS EXTRACTS AND FLAVORINGS

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Leavening agents produce gases that cause baked products to rise. Flavorings and extracts give special flavors to baked products.

## Types of Leavening Agents

**Baking Powder** is a combination of baking soda, an acid or acid salt, and starch or flour. *Double-Acting* (phosphate powders) produces gas twice—once during mixing and once during baking. *Quick-Acting* (tartrate powders) produces gas during mixing only. Products using quick acting powders should be baked immediately after mixing.

**Baking Soda** produces gas when mixed with an acid ingredient such as buttermilk, molasses, fruit juice, or chocolate. The product should be baked immediately after mixing.

Yeast is composed of living organisms which produce gas from the sugar in dough.

Active Dry Yeast becomes active at 105° to 115°F.

**Compressed Yeast** becomes active at 50°F and inactive at 120°F.

**Note:** Brewer's yeast and nutritional yeast do not have leavening properties.

## How to Store Leavening Agents

**Baking Powder and Baking Soda:** Store tightly covered in a cool, dry area. They will stay fresh up to 1-1/2 years.

Active Dry Yeast: Store in refrigerator for best quality. Use before expiration date on package. If no date is found, use the yeast within 6 months.

**Compressed Yeast:** Fresh cakes will keep for 2 weeks in the refrigerator and 2 months in the freezer.

# Substitutions

For 1 teaspoon of baking powder, substitute:

1/4 teaspoon baking soda +

3/4 teaspoon cream of tartar

For 1 cup of self-rising flour, substitute:

1 cup all purpose flour

1 teaspoon baking powder

1/4 teaspoon salt

For 1 package of dry yeast, substitute:

1 scant tablespoon of bulk yeast



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## Using Flavors— A Gourmet Touch

#### Vanilla Sugar

Put 1 or 2 vanilla beans in a canister containing 2 cups of sugar. Keep tightly closed for several days. When the sugar is added to baked products, toppings or coffee, the product will have a pleasant vanilla flavor. The beans can be used in this way several times until they lose their flavor.

#### Vanilla Brandy

Put a vanilla bean in a cup of brandy, tightly capped in a jar. Use the brandy to flavor baked products or coffee.

#### Viennese Flavoring

In recipes calling for vanilla extract, substitute 2 parts vanilla to 1 part almond extract.

## **Flavorings and Extracts**

Vanilla Extract is prepared from vanilla beans in an alcohol solution. For optimum vanilla flavor, add when foods are cooling.

Other extracts include lemon and almond.

**Imitation Vanilla Flavors** are synthetic flavors. They should not be used in products that are to be frozen since "off" flavors will develop.

Flavor Based Essential Oils are oil-based flavors that do not evaporate during heating. Examples are lemon, orange and peppermint oils. Their flavors are stronger than those of extracts. To substitute, use 1/4 teaspoon of an oil for 1 teaspoon of an extract.

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