



# Temperatures for Yeast Bread Production

- 34° F.** Yeast will not die at below freezing, but is inactive below this temperature
- 78° - 82° F.** Recommended temperature of dough after mixing/kneading
- 80° - 85° F.** Desirable fermentation temperature for a “straight dough” method  
–mix dough; raise (ferment); punch; rest; shape; proof; bake
- 90° - 100° F.** Desired temperature for proofing shaped dough; raise/proof dough in draft-free place, covered, or in a humid enclosed space (proof box)  
(Create your own proof box: turn oven on and then off—90-100° F. — with a steaming bowl of water in the oven bottom)
- 90° - 100° F.** Internal temperature of bread when ready to wrap; cooling to lower temperatures results in drying out of bread
- 95° - 100° F.** Temperature for re-hydrating active dry yeast – 1/4 cup water to ¼ oz/7g yeast—remaining liquids in recipe may be cooler for slow fermentation or if dough will be refrigerated and shaped at another time
- 120 - 130° F.** Liquids may be up to this warm when dry yeast is mixed with part of the flour before the liquids are added. (Method used for a fast-rising, short fermentation– ~10 minutes– yeast dough.)
- Cold fermentation/refrigerated doughs: Warmer liquids are not needed to activate dry yeast (active or fast-rising) if a long fermentation time is used—the yeast will become active even at 80° F. or cooler.
- 140°F.** Temperature at which yeast is destroyed
- 200° - 210° F.** Internal temperature of bread when done

Sources: Bread World web-site/Resource Center. [www.breadworld.com](http://www.breadworld.com)  
Breads the Significant Edge. Sharon Davis. [www.homebaking.org](http://www.homebaking.org)  
Kneaded Notes. Carol Stevens. [www.redstaryeast.com](http://www.redstaryeast.com)

