**YEAST CONVERSION TABLES**

Caroline’s Easy Baking Lessons **INFO-BLOG**

 

As I am often asked for the conversions of different types of yeast, I thought it about time I wrote an article and made up some tables.  When trying out a new recipe (especially from older books), I calculate the amount needed when using instant yeast.  And because there are shortages of yeast right now, some people are having to use yeast that is new to them.  ***Fresh yeast, Active dry yeast & Instant dry yeast,*** are ***not interchangeable on a 1:1 basis***.  So below I have made 3 tables with all 3 types of yeast.  3 tables so that you refer to whichever one your recipe calls for first.

For example, if the original recipe *calls for 14g Fresh yeast* & you only have *Active Dry Yeast,***go to Table 1**.  And you will see you ***require 7g of Active  Dry yeast.***  If you have the more commonly used *Instant Dry yeast, only 5g* is required.

If you have Instant dry yeast, and the recipe *calls for 14g Active dry yeast*, go to **Table 2**.  There you will see you will *use 10g Instant dry yeast*.

And if your recipe calls *for 7g Instant Dry yeast* but you only have fresh yeast.  Go to **table 3**, and see that *20g of fresh is required*.

***ORIGINAL RECIPE USING FRESH YEAST***



[*Table 1 – Recipe Using Fresh yeast – Conversion table*](http://tqb.fhn.mybluehost.me/yeast-conversion-tables/)

***ORIGINAL RECIPE USING ACTIVE DRY YEAST***

  [*Table 2 – Recipe Uses Active Dry Yeast Conversion Table*](http://tqb.fhn.mybluehost.me/yeast-conversion-tables/)

***ORIGINAL RECIPE USING INSTANT DRY YEAST***

  [*Table 3 – Recipe Using Instant Dry Yeast*](http://tqb.fhn.mybluehost.me/yeast-conversion-tables/)

***Happy Baking & Making***

***Happy Memories & Tummies!*** *Caro x*