

Proofing Guidelines

Some Proofing Basics

Three fundamental factors affect proofing: time, temperature, and humidity. Poor control will lead to unacceptable results.

To ensure that yeast-dough products raise correctly and consistently, precise temperature and humidity levels are a must.

Temperature

Temperature controls the yeast's release of carbon dioxide.

With the table below, relatively small temperature differences have a big effect on the yeast's reaction.

16°C – 22°C	Slow reaction
27°C	Normal reaction
32°C – 38°C	Fast reaction
58°C+	Yeast destroyed

Humidity

Humidity keeps the dough pliable so it can expand as the yeast releases carbon dioxide.

The amount of humidity needed is directly related to the type of product you're proofing.

For example:

Sweet yeast dough products need to be given full proof with a temperature range of 35°C to 37°C and with a humidity range of 80% to 85%.

Proofing bread dough calls for a temperature range of 35°C to 37°C. While proofing for 30 to 60 minutes is common for bread dough, the proofing time required directly relates to how much yeast is in the dough, the surrounding room temperature, and the amount of dough product being proofed.

Croissant dough is different from basic yeast dough in that it has alternating thin layers of dough and butter. Yeast is in this type of dough as well. The most ideal temperature to proof croissants is at between 26°C and 29°C and at 65% humidity for 45 to 60 minutes. The lower proofing temperature will prevent the butter from melting.

Frozen dough products must never be placed in a proofer while still frozen. That's because proofing frozen dough produces excess moisture and the dough will not rise properly. Always let frozen dough products thaw completely in a retarder or covered overnight in a refrigerator. Then defrost out at room temperature before proofing