# HOORVIA — YEAST CONVERSION CHART (INSTANT, ACTIVE DRY & FRESH)

**Quick Reference Cheat Sheet • Packet to Grams & Teaspoons • Water Proofing Temps • US Letter (8.5" × 11")**

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## ■ INSTANT vs. ACTIVE DRY vs. FRESH CAKE YEAST CONVERSION TABLE

| Standard Packet Size | Active Dry Yeast (100%) | Instant / Rapid-Rise (75%–100%) | Fresh Cake Yeast (300% by Weight) |
|---|---|---|---|
| **1/2 Standard Packet** | 1 1/8 tsp (3.5 g / 0.12 oz) | 7/8 tsp (2.8 g) [or 1 tsp 1:1] | 10.5 g (0.37 oz crumbled) |
| **1 Standard US Packet (1/4 oz)** | 2 1/4 tsp (7 g / 0.25 oz) | 1 3/4 tsp (5.3 g) [or 2 1/4 tsp 1:1] | 21 g (0.75 oz / 1 small cube) |
| **1.5 Packets** | 1 tbsp + 3/8 tsp (10.5 g) | 2 1/2 tsp (8 g) | 31.5 g (1.1 oz) |
| **2 Standard Packets** | 4 1/2 tsp / 1.5 tbsp (14 g) | 3 1/2 tsp (10.5 g) | 42 g (1.5 oz) |
| **3 Standard Packets** | 2 tbsp + 3/4 tsp (21 g) | 5 1/4 tsp (16 g) | 63 g (2.25 oz) |
| **1 Tablespoon (3 tsp)** | 9.3 grams (0.33 oz) | 9.3 grams (if swapping 1:1) | 28 grams (1.0 oz) |

## ■ WATER TEMPERATURE & ACTIVATION RULES BY YEAST TYPE

| Yeast Variety | Ideal Liquid Temp (°F / °C) | Thermal Death Point | How to Mix Into Dough |
|---|---|---|---|
| **Active Dry Yeast** | 105°F – 110°F (40°C–43°C) | 138°F+ (59°C) Kills Yeast | Dissolve in warm water + pinch of sugar for 5–8 min until foamy |
| **Instant / Bread Machine Yeast** | 120°F – 130°F (49°C–54°C) | 140°F+ (60°C) Kills Yeast | Whisk directly into dry flour; no water blooming needed |
| **Fresh Compressed Cake Yeast** | 90°F – 95°F (32°C–35°C) | 130°F+ (54°C) Kills Yeast | Crumble into lukewarm water/milk and stir until creamy |
| **Wild Sourdough Starter (100% Hyd)** | 75°F – 82°F (24°C–28°C) | 120°F+ Weakens Bacteria | Disperse fed, bubbly starter into room-temperature water |

## ■ FERMENTATION & PROOFING SPEED BY YEAST PERCENTAGE (PER 500G FLOUR)

| Fermentation Style | Instant Yeast (Grams & Tsp) | Room Temp Bulk Rise (72°F) | Flavor & Crumb Result |
|---|---|---|---|
| **Fast 1-Hour Dinner Rolls** | 7 g (2 1/4 tsp — 1.4%) | 45 – 60 minutes | Mild yeasty aroma, very soft uniform crumb |
| **Standard Loaf / Pizza Dough** | 4 g to 5 g (1.5 tsp — 0.9%) | 60 – 90 minutes | Balanced flavor, reliable rise |
| **Artisan Overnight Poolish / Cold Ferment** | 1 g to 1.5 g (1/3 tsp — 0.25%) | 2 hrs room temp + 18–24 hrs fridge | Complex sourdough-like depth, blistered crust |

**PRO TIP:** How to test if an old jar of yeast is still alive: Stir 1/2 cup of 110°F warm water with 1 teaspoon of sugar and 2 1/4 teaspoons of yeast. If it doesn't build a 1/2-inch foam cap in 10 minutes, toss it!
**GOLDEN BAKING WEIGHTS: Spooned & Leveled AP Flour = 120g/cup • Granulated Sugar = 200g/cup • Packed Brown Sugar = 213g/cup**

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