

How to Store Fresh Yeast

If you love baking your own bread and pizza, try making the dough with fresh yeast. Although it's less predictable than active dry yeast, fresh yeast can give your baked goods incredible flavor and more volume. The key to working with...

Refrigerating Fresh Yeast



Put the package of fresh yeast into the fridge. As soon as you bring fresh yeast home from the grocery store, put it into the refrigerator so it doesn't get too warm. There's no need to remove the packaging since fresh yeast is thoroughly wrapped to protect it from air and moisture.^[1]

1. You'll usually find small packages of yeast for sale in the refrigerated aisles of the grocery store. Most yeast is kept near the butter and cream cheese in the dairy section.

2.



Store the yeast in the fridge for up to 20 days. Remember to check the expiration date on the package and use the yeast before this date. Most fresh yeast that's sold can be kept in the fridge for a few weeks, but don't store it once you've opened it.^[2]

1. Fresh yeast slows down and becomes less effective the longer it's stored, so try to use it quickly after buying it.

3.



Feel if the yeast is moist enough to proof for your recipe. Once you're ready to bake with the fresh yeast, take out just as much as you need for your recipe and open it. If the yeast feels firm and moist and it is an even putty color, it's ready to proof. Discard the yeast if it:^[3]

1. Feels dry
2. Crumbles when you touch it
3. Smells unpleasant
4. Has discolored patches on the surface

Tip: Don't be tempted to use yeast that's dried up, since your baked goods won't rise properly and they may develop a sour flavor.

Storing Yeast in the Freezer



Write the date on a package of fresh yeast. Take an unopened package of fresh yeast out of the refrigerator or plan on freezing the package as soon as you bring it home from the grocery store. Label the outside of the package with the date that you're putting it into the freezer.^[4]

1. You don't need to repackage the unopened yeast since it's effectively wrapped to protect it from freezer burn.

Tip: If you've already opened the yeast or you want to cut it into smaller portions, wrap each small portion in plastic wrap. Then, wrap them again in aluminum foil and place all of the portions into a sealable plastic bag. Write the date on the outside of the bag.

2.



Store the yeast in the freezer for up to 3 months. Check the date that you wrote on the package and plan to use it within 3 months of putting the yeast into the freezer. If your freezer is set to 0 °F (?18 °C) or below, you may be able to store the yeast for longer, but the yeast might not be as effective once you thaw it.^[5]

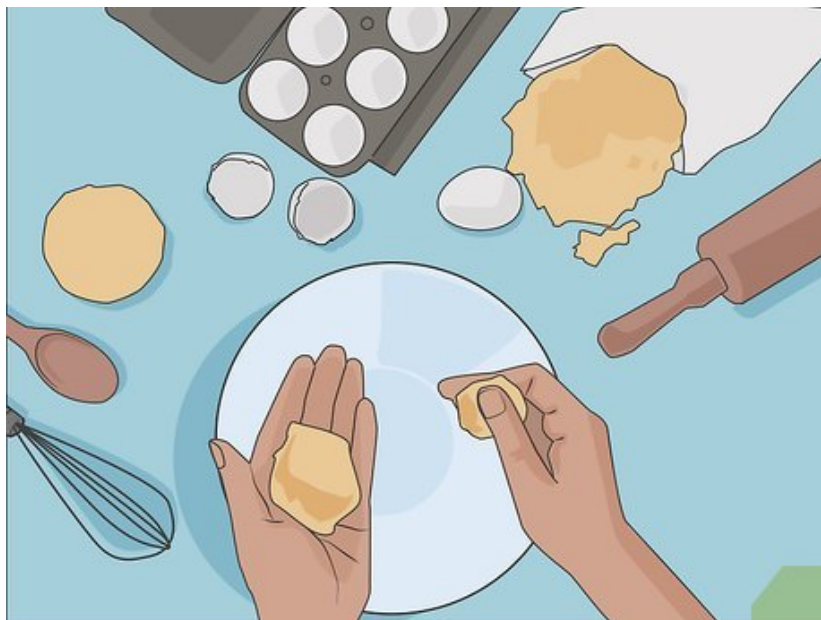
3.



Thaw frozen yeast in the refrigerator for 12 hours or overnight. It's important to gradually thaw the yeast so the temperature change doesn't shock the yeast. Transfer as much yeast as you need to the fridge night before you plan to use the yeast.^[6]

1. You don't need to take the yeast out of its packaging to thaw it.

4.



Feel if the yeast is moist and ready to proof. Open the package of yeast and feel it before you use it in your recipe. If the yeast is still alive and ready to proof, it should feel moist and firm. Discard the yeast if it feels dry or crumbles when you touch it.^[7]

1. Keep in mind that while you can use thawed yeast in recipes, it may not give your baked goods the same rise or volume as fresh yeast that's never been frozen.

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