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If it's humid you can reduce the amount of liquid in your recipe slightly. Try reducing it by about 1/8th to 1/4. There is some trial and error in this process. If you would normally put in one half a cup of liquid, reduce it to as little as one quarter the amount.

If after mixing your dough looks too dry it's okay to add a little more liquid.

This works on batter as well. However, when you find that the weather is dry you can do the opposite. Add more liquid to the recipe.

Do this in the same measurements as above. More often than not this will be enough to overcome the humidity affect. Check to see if the item is done at the earliest time required. Then continue this every few minutes until your goodies is done just right!

High humidity can affect the amount of water required in a recipe.

Reduce the amount of liquid in your bread recipe by 1/4 cup for multi-loaf batches or by 2 tbsp. in a single-loaf batch.

Mix the dough as usual in your bowl, bread machine or stand mixer.

Add more liquid as needed, until the correct consistency has

been reached.

Cut back on the amount of yeast used in your recipe to compensate for too-rapid yeast growth. A standard package of yeast is 2-1/4 tsp., but on hot and humid days, a batch of dough may require as little as 1-1/2 tsp.

The smaller amount of yeast will still leaven the bread but without generating fermented flavors and odors.

Add salt to your bread recipe.

Salt inhibits the growth of yeast; as little as 20 percent extra in a bread dough will inhibit over-rising and fermentation.

Reduce the sugar in a recipe to slow yeast growth.

Unless the recipe is for a sweet dough, there is probably enough natural sugar in the flour for the yeast to do its work.

The sugar may be omitted from regular sandwich loaves during hot and humid weather.

Substitute bread flour if your recipe calls for all-purpose flour or does not specify. Bread flour is higher in gluten and absorbs slightly more liquid than all-purpose flour.

Use cold liquids rather than warm, especially if heat is a factor in combination with the humidity.

This will slow the growth of the yeast and help inhibit over-rising.

Tip

You may find it necessary to combine two or more of these techniques if you live in an area where high humidity and heat are common.

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