



# YEAST STRONGMEN

## YEAST

are single-celled fungi, which in the presence of oxygen convert carbohydrates to  $\text{CO}_2$  and  $\text{H}_2\text{O}$ , while in the absence of oxygen transform them to alcohols in a process known as fermentation.



Of the approximately 1500 described yeast species, *Saccharomyces cerevisiae* is one of the most frequently used in science and industry, and:



known already in ancient times



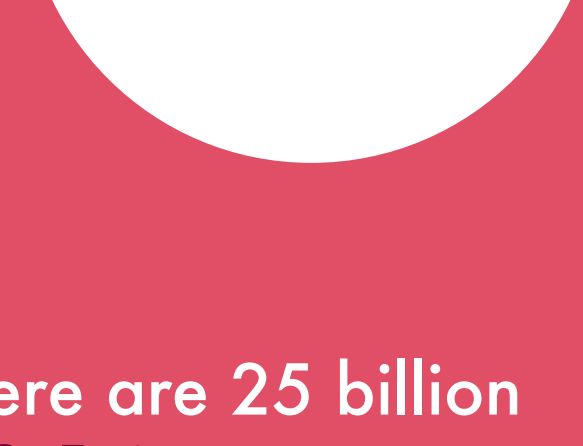
most likely isolated from grape skin



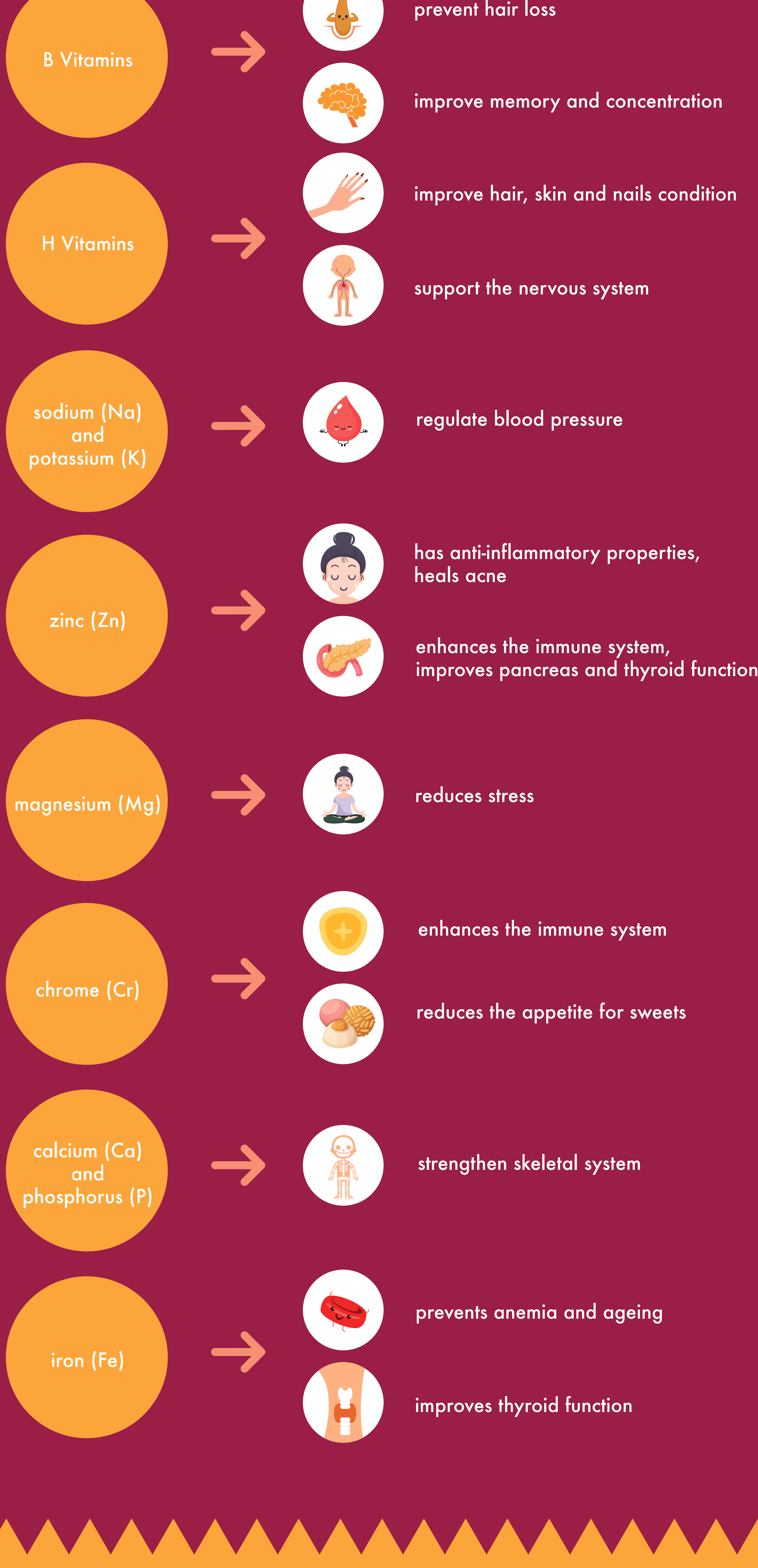
on dark fruits visible as a white film



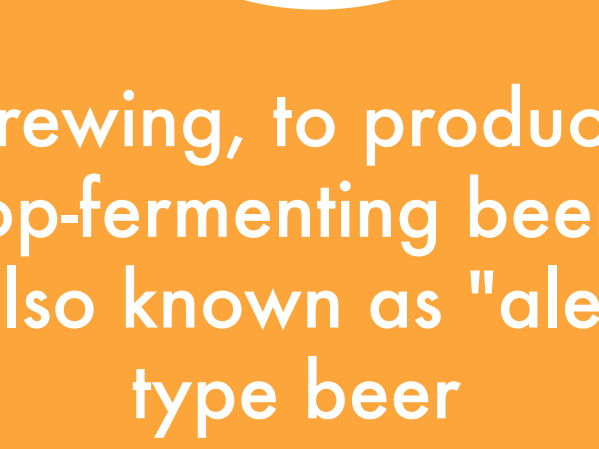
in 1 g of bakery yeast, there are 25 billion of yeast cells, which is 3.5 times more than people in the world



## YEAST ARE SOURCE OF:



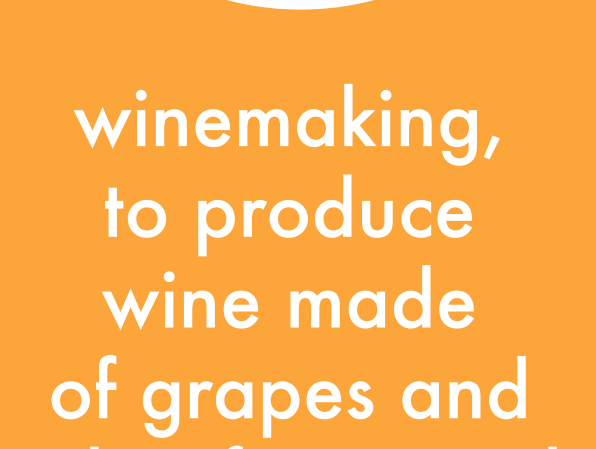
## MANY STRAINS OF *Saccharomyces cerevisiae* ARE USED IN:



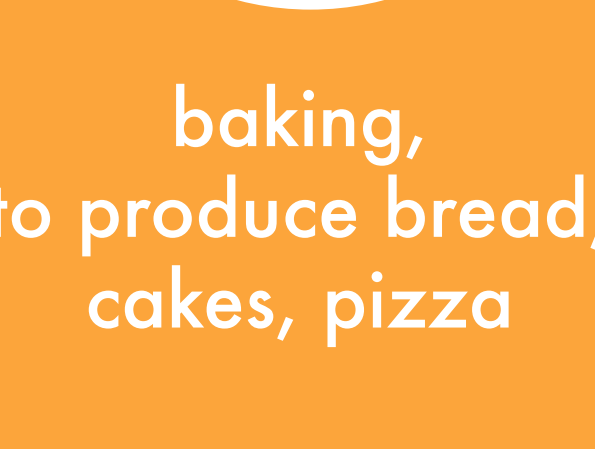
brewing, to produce top-fermenting beer, also known as "ale" type beer



distilling, to produce spirit and vodka

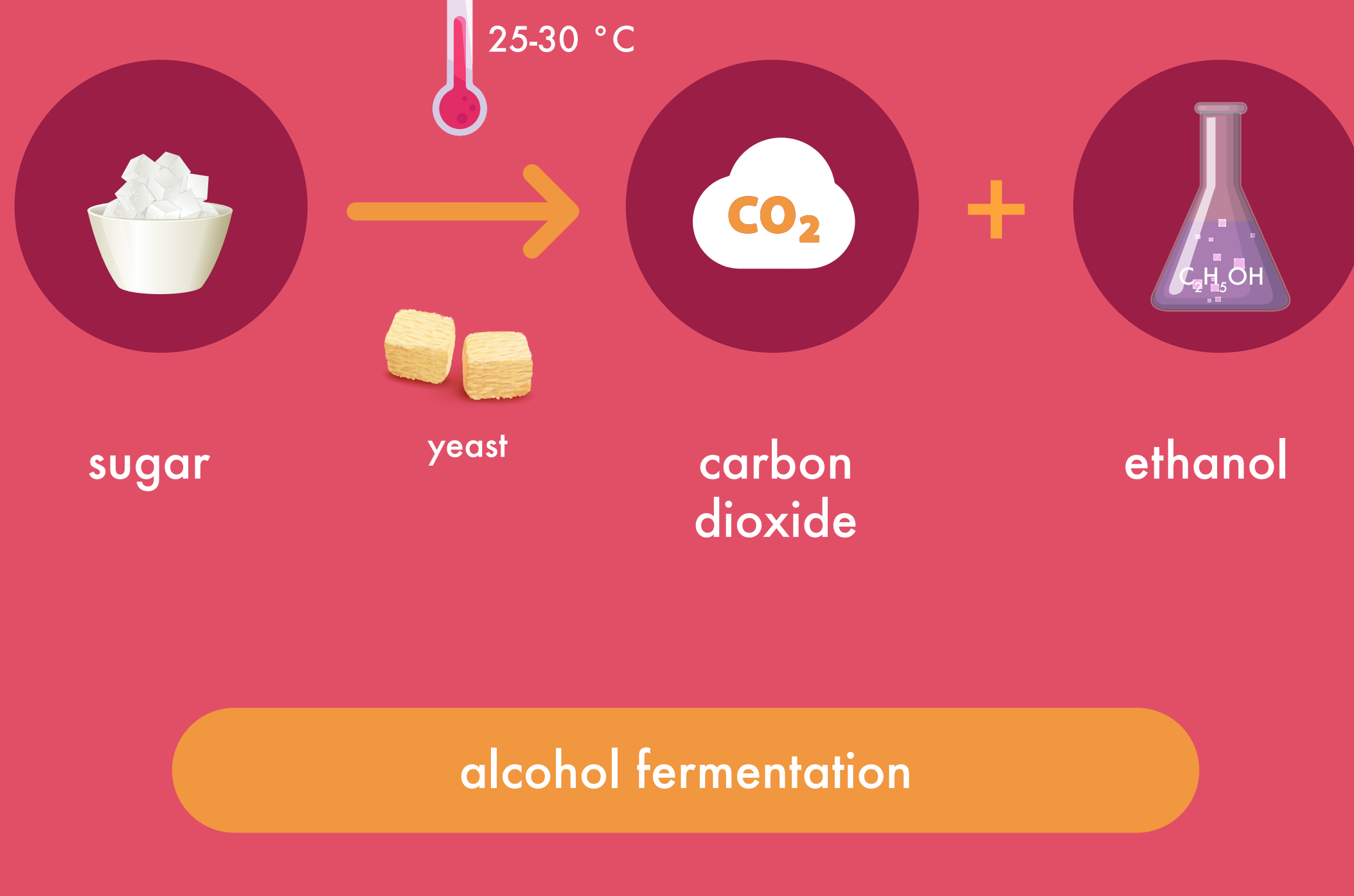


winemaking, to produce wine made of grapes and other fruits, and meads



baking, to produce bread, cakes, pizza

## HOW DOES YEAST MAKE DOUGH RISE?



During the fermentation process, when sugars are metabolized by yeast, a large amount of carbon dioxide is produced. This gas is surrounded by dough and cannot get out, so it makes the dough rise. After baking, the dough is fluffy and has air holes.

## CHECK HOW YEAST WORK



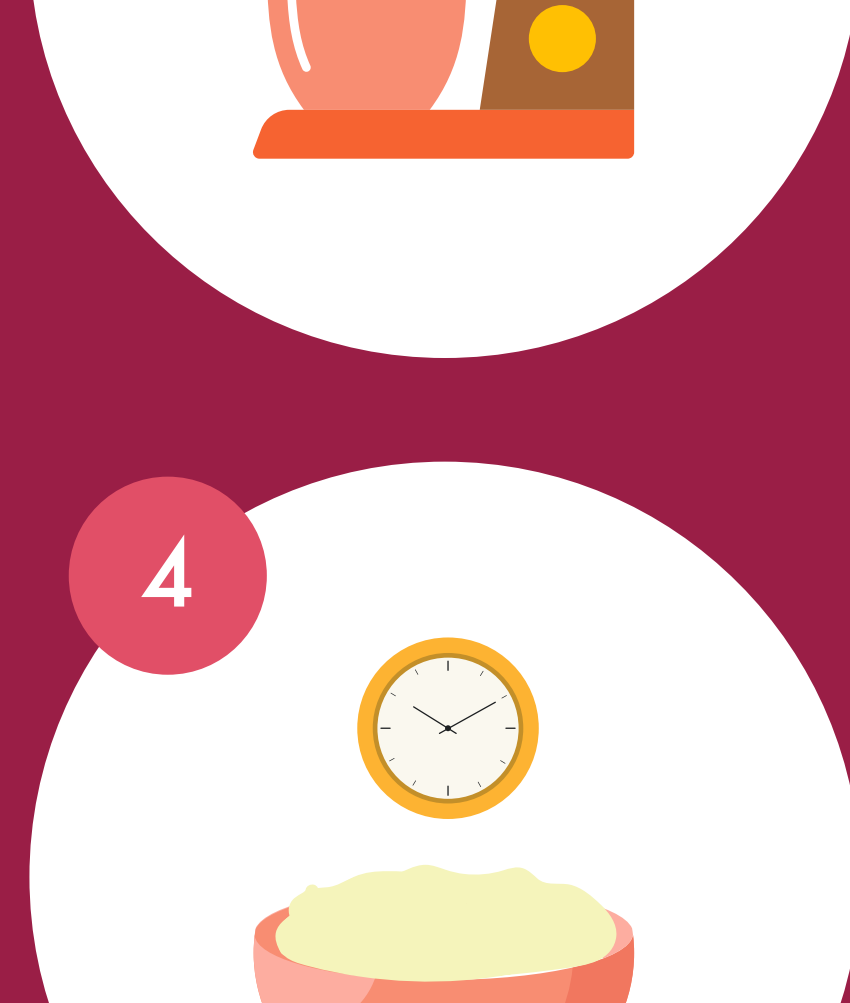
1

Prepare yeast sourdough starter: mix 30 g of fresh yeast with 1 spoon of flour, 1 spoon of sugar and 1/2 glass of warm milk. Cover the mixture and let it rise for about 15 minutes.



2

Combine the yeast sourdough starter with: 400 g of flour, 75 g of sugar, 3 yolks, 1/2 glass of warm milk and 100 g of melted butter.



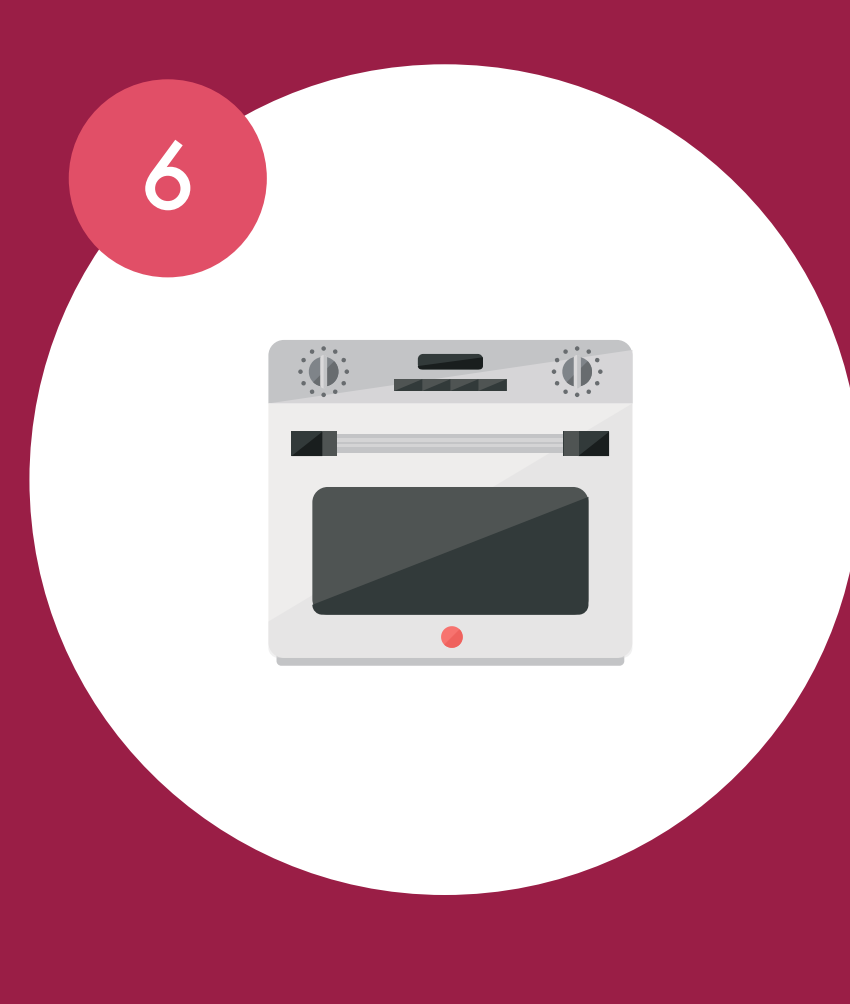
3

Knead the dough for about 15 minutes.



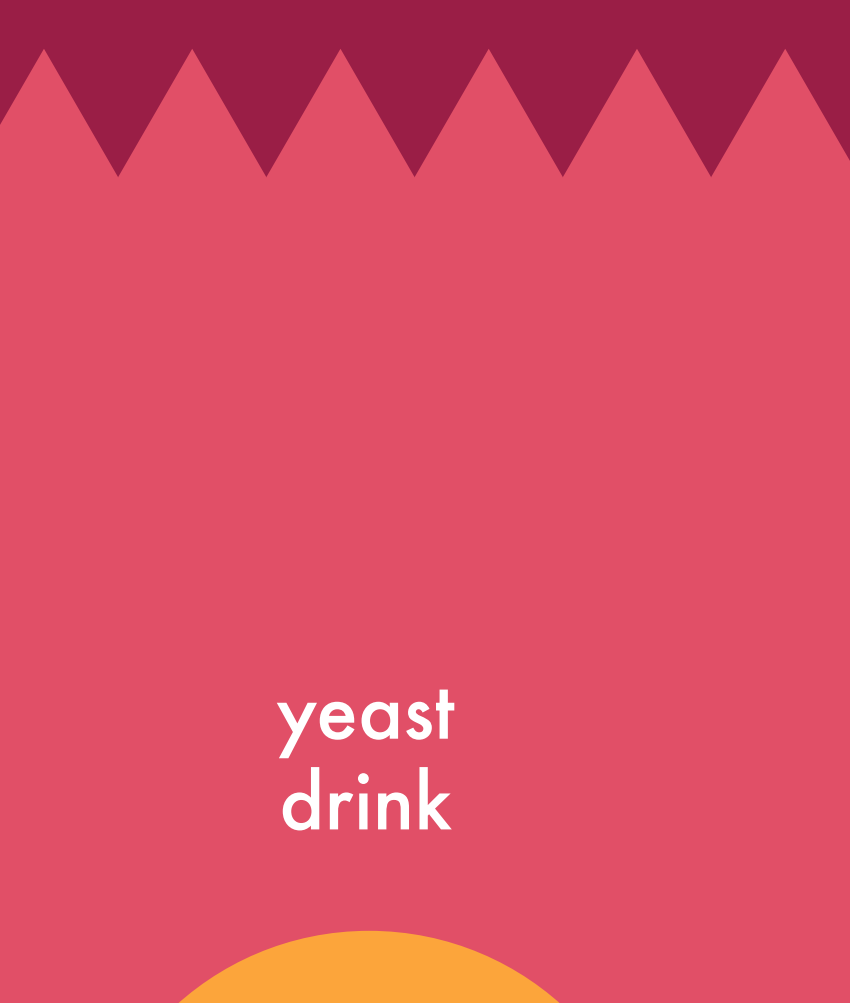
4

Place the dough in a warm place to rise for about 1.5 hours.



5

Put the dough in a tin, spread egg white and leave in a warm place to rise for about 20 minutes.



6

Bake in 180-200 °C for 30 minutes.

## HOME YEAST SPA

yeast drink



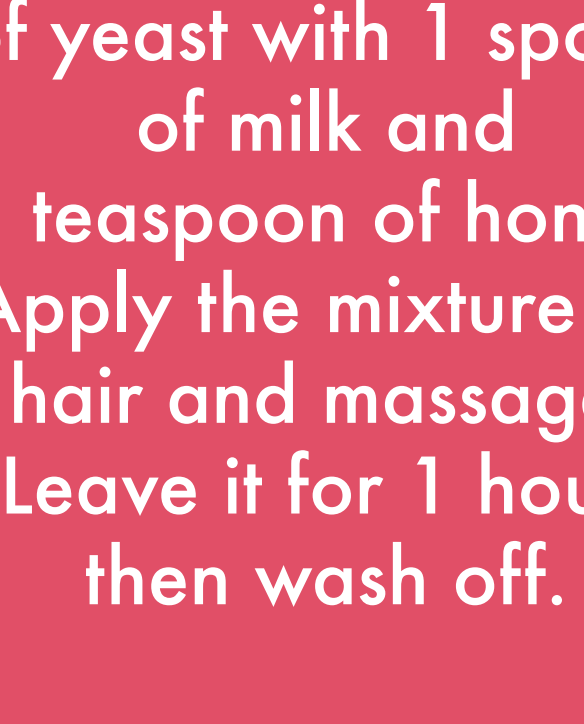
Dissolve half a cube of yeast in hot milk or water, cool it down, and drink. Repeat twice a week.

face mask



Mix a quarter cube of yeast with warm water to form a thick paste. Apply on your face. Leave for 20 minutes and wash off with warm water.

hair mask



Mix half a cube of yeast with 1 spoon of milk and 1 teaspoon of honey. Apply the mixture on hair and massage. Leave it for 1 hour, then wash off.

## DID YOU KNOW?

Yeast are very healthy food products. Being rich in nutrients, they have a complex effect on our bodies. Apart from health promoting properties, they have many beauty benefits. And we all can consume them!