WHAT'S THE DIFFERENCE BETWEEN BAKING POWDER *and* BAKING SODA?

Both are leavening agents which cause baked goods to rise,
BUT THEY ARE NOT CREATED EQUAL.

BAKING POWDER

Contains both an acid and an alkaline component (usually baking soda) which react to release carbon dioxide.

VS.

BAKING SODA

Must be combined with an acid ingredient such as buttermilk or molasses to react and release carbon dioxide.

Carbon dioxide bubbles in batter cause baked goods to rise.

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ACID

CAN CONTAIN TWO KINDS OF ACID:

SLOW-ACTING ACID will not react until heated

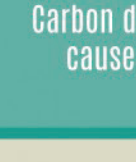
FAST-ACTING ACID reacts in a wet mixture

DOES NOT CONTAIN ANY ACID

MORE ABOUT SODA

- Can leave a bitter taste if not combined with acid
- Reacts with liquid, not heat.
- Because it reacts with liquid upon contact, baking soda should always be combined with other dry ingredients first.
- For best results, batter should be placed in the oven immediately.

TWO TYPES OF BAKING POWDER:



SINGLE ACTING
Includes only slow OR fast reacting acid

DOUBLE ACTING
Contains both slow and fast reacting
Rises with addition of liquid AND again with heat

Don't have all day?

QUICK BREAD TO THE RESCUE!

Both baking powder and baking soda provide faster leavening than yeast fermentation. That's why breads and muffins made with either are called "quick breads."

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