

Difference between Baking Powder and Baking Soda

THE DIFFERENCE BETWEEN
baking powder
& *baking soda*

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The difference between Baking Powder and Baking Soda. When I started to bake, I never really understood why some recipes called for baking powder and others baking soda (or both). I hope this post helps clear that up for you too.. :-)

So I've been taking some time off from the blog the last 2 weeks. I did keep up with Social Media (can one ever get away from that..ha!) and helping my clients with their social media accounts, but I needed some time off to clear my head and see where I want to go with this blog. Unfortunately most of it I spent sick in bed with a very bad cough (argh!).

BUT I'm back and wanted to share this informative post with you guys...

Surprisingly, a lot of people assume that baking powder and baking soda are the same. Both ingredients are added to a recipe to produce carbon dioxide. Carbon dioxide helps the baked goods rise in the oven. Well, they are definitely in for a very rude awakening and a total baking mess in the kitchen, if they assume that the baking powder and baking soda are alike. The difference might seem slight at first, but it is extremely important to note the difference.

Baking Soda

Baking soda contains only one ingredient, which is sodium bicarbonate. The sodium bicarbonate has a very distinct reaction, when it is combined with acidic ingredients. For example, yogurt or vinegar. The contact brings about this result; the contents start to bubble up in the oven and rise instantly. Consequently, recipes that call for baking soda should be baked immediately.

Baking Powder

Baking powder contains more than one ingredient. It contains sodium bicarbonate, cream of tartar, and starch. Baking powder is labeled single acting or double acting. Single acting baking powder added to a recipe reacts quickly to moisture in the air. Consequently, it must be baked quickly. Double acting has a slower reaction and is able to stand for a short period, before baking.

Baking Soda vs Baking Powder

Baking soda is bitter and contains sodium carbonate and is best for a recipe that includes acidic ingredients that tend to neutralize the bitter taste. For example, yogurt or buttermilk. Many cookie recipes use baking soda. Baking powder contains sodium carbonate and a base that does not have any effect on the taste. The product is best for recipes with ingredients that do not affect the taste like milk. Baking powder is best for cake recipes.

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*The idea of these informative posts is to help you guys. **Please leave comments if you´d like to see more of this kind of post?***

Until next time guys!!

Johlene

xoxo