

Potential Leavening Agents

From EliYah Ministries, www.EliYah.com - Leavening Agents

C=Chemical B=Biological M=Mechanical

Agent Name	Type	Uses / Notes	Other Names
Ammonium [Bi]Carbonate	C	-	Hartshorn, Horn Salt, or Baker's Ammonia
Ammonium Dihydrogen Phosphate	C	-	-
Ammonium Hydrogen Carbonate	C	-	Ammonium Bicarbonate
Ammonium Phosphate, Dibasic	C	-	-
Ammonium Phosphate, Monobasic	C	-	-
Baker's Ammonia	C	-	Ammonium [Bi]Carbonate, Hartshorn, or Horn Salt
Baking Powder	C	-	-
Baking Soda	C	-	Sodium Bicarbonate
Barm	B	Used to Leaven Bread	-
Beer	B	Uses Yeast in the Brewing Process	-
Bicarbonate of Ammonia	C	-	Ammonium Bicarbonate
Buttermilk	B	-	-
Calcium Carbonate	C	-	-
Calcium Dihydrogen Phosphate	C	-	-
Calcium Phosphate, Monobasic	C	-	-
Chorleywood Bread Process	M	This is a manual process that creates a leavening effect.*	-
Cream of Tartar	C	-	Potassium Bitartrate
Creaming Process	M	This is a manual process that creates a leavening effect. If the intent is to cause the bread to rise, the goal should be to avoid it.	-
Diacetyl Tartaric Acid Esters of Mono- and Diglycerides	C	-	-
Diammonium Hydrogen Phosphate	C	-	-
Dipotassium carbonate	C	-	-
Disodium Pyrophosphate	C	-	-
Ginger Beer	B	-	-
Glucono Delta-Lactone	C	-	-

Glucono delta-Lactone	C	It appears that the lowercase "d" in "delta" makes this a different additive than the above entry.	-
Hartshorn	C	-	Ammonium [Bi]Carbonate, Horn Salt, or Baker's Ammonia
Horn Salt	C	-	Ammonium [Bi]Carbonate, Hartshorn, or Baker's Ammonia
Hydrogen Peroxide	C	-	-
Kefir	B	-	-
Monocalcium Phosphate	C	-	-
Pearlash	C	-	Potassium Carbonate
Phosphates (Anything with 'phosph' in the name)	C	-	-
Popovers or any similar light hollow rolls	O	In the process of making Popovers, steam and air are used as leavening agents.**	-
Potash	C	-	Potassium [Bi]Carbonate
Potassium Acid Carbonate	C	-	Potassium Bicarbonate
Potassium [Bi]Carbonate	C	-	Potash
Potassium Bitartrate	C	-	Cream of Tartar
Potassium Carbonate	C	-	Pearlash
Potassium Hydrogen Carbonate	C	-	Potassium Bicarbonate
Potassium Hydrogen Tartrate	C	-	Potassium Bicarbonate
Powdered Baking Ammonia	C	-	Ammonium Bicarbonate
Sodium Acid Pyrophosphate (SAPP)	C	-	-
Sodium Aluminum Phosphate [Acidic] (SALP)	C	-	-
Sodium Bicarbonate	C	-	Baking Soda
Sodium Hydrogen Carbonate	C	-	-
Sourdough Starter	B	-	-
Tempura	O	In the process of making Tempura, steam and air are used as leavening agents.**	-
Whip Cream or similar "high pressure fluff" products	O	In the process of expelling the Whip Cream from the can, the high pressure causes a leavening effect through the butterfat of the cream.**	-
Yeast	B	The original leavening agent. It causes bread to rise.	-

* See https://en.wikipedia.org/wiki/Chorleywood_Bread_Process

** See https://en.wikipedia.org/wiki/Leavening_agent#Other_leaveners