

# CAKE OR YEAST

## What Side Are You On?

Although ingredients are basically the same for all donuts, they are characterized by their leavening agent.

Cake donuts are made from a kind of cake batter which is chemically leavened with baking powder or baking soda. Yeast donuts are made from dough leavened with yeast.



Basic ingredients: flour, salt, sugar, eggs, milk, and shortening

### Donut Ingredients

Cake donuts are leavened with baking soda or baking powder



Yeast donuts are leavened with...you guessed it, yeast!

### Some History and Which Came First...Yeast or Cake?



**Coming in first...the yeast donut!** How do we know? Well donuts have been around for centuries and yeast has been around centuries longer than chemical leaveners. The exact origins of the donut is not know, but it can be traced back as early as 1750. By 1829, chemical leaveners became widely available and donuts started to show up in American households. World Wars I and II helped cement the doughnut's image as a wholesome American creation: the Salvation Army and Red Cross served doughnuts to the front lines.

Source: <https://www.eater.com/2015/5/28/8672939/doughnut-guide-cake-yeast-cruller-donut-history>



### Texture and Flavor

Yeast donuts are lighter with a puffy, malleable quality and a slightly chewy texture. Cake donuts have a dense, more compact crumb and a sturdy, crisp exterior shell.

Cake donuts are rich and buttery because of the amount of butter in the batter. Yeast donuts have little sweetness unless they are covered in some sort of glaze or sugar coating.

Source: <https://www.chowhound.com/food-news/186165/what-is-the-difference-between-cake-donuts-and-yeast-donuts/>

### So Is Your Favorite Donut Yeast or Cake?

#### Yeast Donuts Include:

Glazed  
Boston Cream  
Jelly

#### Cake Donuts Include:

Old Fashioned  
Chocolate Cake with Glaze  
Apple Cider Donuts



### National Donut Day

**National Donut Day is celebrated the first Friday of June.** National Donut Day started in 1938 as a fund raiser for the Salvation Army of Chicago. They used the treat to raise money for those in need during the Great Depression. The volunteers who handed out donuts to soldiers were known as 'Doughnut Dollies'.

Source: <https://www.r-dpartners.com/2018/06/01/the-science-behind-donuts/>