

## Sourdough vs Yeast Bread (vsdiff.com)

Leavening agent	Sourdough	Commercial yeast
Primary mechanism	Wild yeasts + lactic acid bacteria	<i>Saccharomyces cerevisiae</i> (baker's yeast)
Typical fermentation time	Approximately 8-24+ hours (bulk + proof)	Approximately 1-4 hours (bulk + proof)
Flavor profile	<i>Complex, tangy, acidic</i>	<i>Clean, yeasty, milder</i>
Texture	Often chewy crumb with open alveoli	Often even crumb and softer crusts
Shelf life	Usually longer due to acidity (roughly 3-7 days)	Usually shorter unless preservatives used (roughly 2-4 days)
Control & consistency	Variable (starter, environment)	Highly consistent (commercial strains)

Source: <https://vsdiff.com/sourdough-vs-yeast-bread/>