

ENGLISH MUFFINS

FRESH, DELICIOUS HOMEMADE ENGLISH MUFFINS

 12-14 each

 1 hour



INGREDIENTS

¾ C whole milk
½ C water
2 Tbsp sugar
1 pkt (7 g) active dry yeast
3 Tbsp butter, melted
1 egg
4 C flour
1 tsp salt

DIRECTIONS

1. Mix yeast into warm water, milk, and sugar
2. After 6-7 mins, add the egg and butter
3. Combine the flour and salt in a mixer
4. Add the milk/yeast to the flour
5. Mix on low speed with dough hook until smooth
6. Transfer to an oiled bowl and cover until doubled
7. Pat dough out to just under 1" thick
8. Cut with 3" round cutter and put onto baking tray sprinkled with cornmeal or semolina
9. Cover 30 minutes

** at this point you can refrigerate overnight or continue to the next step. If refrigerating overnight, just bring to room temp the next day before cooking!

10. Cook on a medium heat in non-stick pan or skillet **covered** about 5-6 mins on each side or until internal temp is 200-205 degrees